

# Connecticut Guardian

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## Welcome home! 102nd returns from Afghanistan

Story and Photos Pages 14 & 15





## Commander's Corner

### Commentary - The men who don't come home

SENIOR AIRMAN PAUL ROSS  
116TH AIR CONTROL WING

ROBINS AIR FORCE BASE, Ga. (AFNEWS) — I went to visit my brother this weekend. He's a typical 18-year-old; cocky and arrogant with plenty of spit and vinegar flowing through his veins.

As a recent graduate of Army Infantry School at Fort Benning, Ga., he is now a crucial piece in the backbone of the U.S. military and one of the key factors in this country's war on terrorism.

I have a great deal of pride in my brother. The youngest of four boys and second youngest of six kids, he was always finding himself in situations that required disciplinary action. This led teachers and faculty members to ultimately decide, like they do with most troublesome youths, that he wouldn't amount to much more than a convict or a vagabond. At some point my friends started a betting pool for at what age he would be when he ended up incarcerated. Much to his teachers' disbelief, no one has won the money.

It's almost amusing to think that in a short time he will be aboard a plane, taking the 12-hour flight across the Atlantic with only one intention in mind: to protect the freedoms of every citizen of the United States of America, including the same folks who wrote him off as a waste of their time and efforts.

In all the conversations I've had with my brother, I have never heard him speak with as much passion and enthusiasm as he does when he discusses the infantry. He could talk for hours about the various weapons he has been trained to fire or about the proper way to enter a building full of potential threats. I have my wife and daughter, but his heart belongs to the Army.

As we were sitting in my hotel room the night of his graduation, he spoke of his excitement to get wherever the Army needs him and to get his hands dirty helping combat the war on terrorism. I thought to myself, "It's a good thing there are men like my brother or we wouldn't have any freedoms to fight for."

At that moment I realized he was now a man and not my little brother. He wasn't the same 10-year-old who I used to pick on and shun when my buddies came around. This man was going to protect my daughter's freedoms, my wife's liberties and my American way of life.

The world is filled with all sorts of men — men who agree with war and those who disagree. There are men like my father, with more blue on his collar than in a clear day's sky, who find solace in the factory. There are men who grow up to heal the sick and men meant to lead countries. There are men, much like myself, who feel safer behind a pen and pad of paper than with an M-16 slung over their shoulders. And then there are men like my brother — men who are willing to give their most valuable possession in order to keep our way of life intact.

There is no dishonor for those of us lacking the same vim and vigor to tramp through the streets of Baghdad and put our lives on the line. But next time you are enjoying a day with your family or relaxing on your living room couch, remember the men like my brother, the men who still so closely resemble boys, the men who grow up too quickly, the men who fight for freedom, the men who sometimes don't come home.

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Second Company Governors Foot Guard

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# ETT to join Operation Enduring Freedom

Spc. Rebecca C. Reynolds  
130th PAD

Just four days prior to departing on April 9 for their first-ever mission, the 14 members of the Joint Force Headquarters Embedded Training Team were recognized in a send-off ceremony that has become a familiar tradition during the past several years.

The ceremony was a chance for military and government officials to recognize and thank the 14 deploying senior-level Soldiers in front of friends and family. Each Soldier volunteered or selected to become a part of this first-of-its-kind unit.

The ETT, formed only five months ago, departed for Fort Riley, Kansas, to receive additional training and to ensure mission readiness before shipping out to Afghanistan as part of Operation Enduring Freedom. Total deployment time for the ETT, comprised entirely of senior-level officers and noncommissioned officers, is expected to be 12 months.

"I have high expectations. I think it will be challenging but rewarding," said Sgt. 1st Class Aaron Freyler, senior signal support system supervisor, who was selected to be a part of the ETT for this mission. Freyler, excited about the opportunity, described the unit's mission as "do our best mentoring the Afghan Security Forces" but anticipated difficulties adjusting to another way of life.

Our mission is "to train and mentor the senior leaders of the Afghan security forces

and to bring everybody home safely," said Col. Mark A. Russo, ETT Commander. The unit will offer expertise in personnel, intelligence, operations, logistics, civil affairs, communications, engineering, public affairs and garrison operations ensuring that the Afghan Security Forces will be able to further their own military, national police and border patrol development.

Russo volunteered for this mission, citing "family, friends, job satisfaction, and to do great things for God and country." Sgt. 1st Class (Ret.) Diane Russo and their three children will stay behind while her husband leads this elite team on foreign soil.

"I am very proud of you," said Gov. M. Jodi Rell. "You have a special mission that has never been done by the Connecticut National Guard before. Because of the work you will be doing every day with the senior leaders of the Afghan National Army, you will leave with them a little piece of Connecticut."

Rell, as has become her custom in seeing off her Soldiers, ordered Russo to "bring these men home safely, securely, and of course, to fly the Connecticut flag while you're there." Rell presented the Connecticut state flag to the ETT with the expectations it would be flown during their deployment.

For Sgt. 1st Class Peter G. Conklin, the most difficult part of deploying will be not seeing his family. Through 19 years of military service, this is his first combat deployment. He has been married to Staff Sgt. Mary C. Conklin, JFHQ-CT, for four years and they are expecting

their second child in September.

"We're both in (the National Guard) so I know what to expect," said Staff Sgt. Conklin. "You just have to take it as it comes."

"Deployments don't come when you want them to," explained Sgt. 1st Class Conklin, "but there are plenty of (ways) to keep in touch."

"We remain a nation at war determined to eliminate a very real threat against this great country of ours," said Maj. Gen. Thaddeus Martin, adjutant general. "The Connecticut National Guard continues to make significant contributions and sacrifices for

that cause and for that we, the nation, remain grateful."



Waiting for the ceremony to begin. (Photo by Spc. Rebecca Reynolds, 130th PAD)



The Conklin family poses for a family photograph after the send-off ceremony for the ETT. (Photo by Spc. Rebecca Reynolds, 130th PAD)



The members of the ETT pose for a group photo at Bradley International Airport in Windsor Locks prior to departing for their mobilization station. (Photo courtesy ETT)



# Letter from Kuwait

*(Editor's Note: The Guardian has been receiving emails from the 192nd in Kuwait that include un-bylined articles that have appeared in newsletters in country. Since we know they were written by Connecticut Guardsmen, we will be running them without by-lines. We are making every attempt to get the authors' full names for future issues.)*

Since early in November 2006 the 192nd Engineer Battalion has been deployed to both Iraq and Kuwait in South West Asia in support of Operation Iraqi Freedom.

One of the multiple missions the 192nd has been tasked with is teaching counter-improvised explosive device (C-IED) training and awareness to Soldiers, Sailors and Airmen deployed to the region. The team that has been stationed in Kuwait, is led by Staff Sgt. Dan Nolan and includes three members from the 192nd: Staff Sgt. Bruce Pendleton, Sgt. Mike Mish and Spc. Matt Fedak, along with Active Army Staff Sgt. Steve Waterstraat from 3-Corps under his command.

We have been teaching between two and five classes per day, and have given instruction to more than 10,000 service members to date to include the U.S. military, Australian military and the El Salvador army. This team will also be training the Jordan and Moldova soldiers later this month.

Our team works in parity with a representative from the British Army teaching Anti-Fratricide awareness in conjunction with our curriculum. The hard work and dedication has paid off with knowing that soldiers are receiving quality training.

However, all work and no play makes GI Johnny a dull boy, so the USO has made a few visits with entertainers from the states to include Carrie Underwood, The Harlem Globetrotters, Aaron Tipen, Kid Rock and this month, comedian Jamie Kennedy will be visiting us followed by country singer Chely Wright.

The scenery here is not much to look at, imagine the largest beach without the water, life guards or the occasional mother yelling to her 3-year-old to stop eating the sand, the only thing you're likely to see is a herd of camel, goat and sheep.

That's the middle east, though at times we have been able to venture out and check out some of the local areas, almost like home with restaurants like Ruby Tuesday, Pizza Hut, Burger King, and even Dunkin Donuts and Krispy Kream. Although it would be difficult to patronize these places while in uniform and carrying automatic weapons it is still nice to just drive by and see the signs.

Nolan has made daily physical training mandatory here and though not always popular with everyone, the team in Kuwait is really starting to shape up.

The morale in Kuwait is very high though most of the credit is due to the constant support from friends and family back home. The numerous care packages and letters have lifted our spirits in countless ways. With daily access to phone and internet service, the distance between us has been severely reduced with the encouragement and love we constantly receive from you.

On behalf of the Kuwait team I would like to thank all of you for making our lives easier with your generosity and kindness.



On patrol in Kuwait



With Carrie Underwood

We not only enjoy all the freedoms provided by our country, we are willing to fight for them in order to keep you safe.  
Sincerely, CIED (Kuwait)

## Letter from the Afghanistan: 103rd ACS deployed again

MAJ. TODD CHENELLE,  
103RD SERVICES FLIGHT COMMANDER

I am currently deployed with the 455th Expeditionary Logistics Readiness Squadron as the LRS Operations Officer in support of Operation Enduring Freedom. I have oversight of the Aerial Port, Traffic Management, Supply, Vehicle Maintenance, Wing Plans, and POL. The primary mission of the 455th ELRS is to support all the logistics functions on Camp Cunningham, the Air Force installation, and many of the logistics functions for the larger Army run base on Bagram.

I'd like to share some of my thoughts and experiences living and working in an expeditionary combat support role.

One of the first things I noticed upon arriving in the AOR was the abundant generosity of all the families, friends, schools and co-workers of deployed personnel! I have never seen so many sweets, cookies (Girl Scout), coffee (Starbucks) and beef jerky! Every break area you walk into you get inundated with shelves and boxes full of snacks. We receive

boxes and boxes of generous gifts every day from loved ones at home. I've noticed mail call is the most anticipated part of the day and lifts everyone's spirits!

Upon arrival at Bagram, the first building I noticed was the USO. It is fittingly called the Pat Tillman Center, and dedicated in his memory. From the moment I walked into the Tillman center, it reminded me of a ski resort condominium in Vermont, with its stone and wood work, and second floor balcony. The Pat Tillman center offers fresh coffee 24 hours a day, a big screen TV, and internet service for all to enjoy. As you might imagine, it is a very popular spot on Bagram! The USO is a great organization and their support for me began at the USO in Baltimore Washington International Airport.

The role played by the Services flight at Camp Cunningham is an important one. You wouldn't think laundry would be such a big deal-it is on Camp Cunningham! If it wasn't for our services folks we would be buried in dirty laundry! Their great attitudes and smiling faces make all the difference.

More importantly, the role they play with

Morale and Welfare functions like the gym, recreation tent, and nightly activities have a positive impact on morale, especially when you are limited in what you can do on your off time.

Perhaps the most important function of services in a contingency environment is mortuary affairs. I have had the honor and privilege to participate in two human remains ceremonies since I've been here.

When the remains of our fallen comrades are ready for shipment by either the Air Force or Army Services, a very solemn ceremony takes place on base in which everyone participates. The remains are wrapped in the American Flag, put on the back of a humvee, and are convoyed by a predetermined route across the base to the flight line.

A ceremony takes place on the flight line with the honor guard detail before loading the remains on a C-17 to take a last trip home. Everyone on Bagram lines up along the two main roads on the base to pay their respects when the convoy passes, standing at attention and saluting, as the remains pass

by. The procession is taped for the surviving family to view at a later date.

Military personnel and civilian contractors line up together to form the reception line. It is a very moving ceremony. It reminds you the war on terrorism is very real, and some of the finest people in the world are sacrificing everything for our freedom. Please keep them in your thoughts and prayers!

The opportunity to experience what it is like to live and work in contingency environment has been unforgettable. It has been a humbling and rewarding experience. Most importantly, I have had the opportunity to work with some very fine people. Many of our active duty counterparts are serving for 6 months to more than a year in the AOR, facing separation from their loved ones for extended periods of time. They are Air Force, Army, Navy, Marine, and several coalition partners and DOD contractors that all work together for the single goal of defeating terrorism.





## Honor Guardsman makes heroic effort

1ST LT. JEFFERSON S. HEILAND  
DEPUTY PUBLIC AFFAIRS OFFICER, 103 FW

A member of the 103rd Fighter Wing, Connecticut Air National Guard, took heroic measures in an attempt to revive a heart attack victim during the Four Chaplains' Mass at Saint Adalbert Church in Enfield, Conn., Feb. 11, 2007.

Capt. Christopher A. Cavanna was serving as the Executive Officer of the base Honor Guard and was posting the colors during the Mass following the annual parade and ceremony when he responded to the medical emergency.

According to witnesses, an elderly gentleman seated in the audience began having some trouble as the Mass began. From the front of the sanctuary, Cavanna noticed some stirring four to five pews back.

"You don't want to seem flappable when you're up front [as part of the Honor Guard] because you're really almost a decoration up there...but after 10-15 seconds, things weren't going too well for the

gentleman," said Capt. Christopher A. Cavanna, physician assistant, 103rd Medical Group. "I handed my flag—I was carrying the state flag—I handed it to MAC [Master Sgt. Scott McIntosh] who already had the U.S. flag, and went to see if I could help. I just said, 'I'm a P.A., I can help', and nobody said 'I'm a doctor', so I took over," Cavanna explained.

Cavanna was twice able to get the man's heart beating by administering CPR, the second time by using a defibrillator that Enfield police officers brought to the scene.

"Unfortunately, the gentleman didn't make it—but in a situation like that, you try to give those people who don't appear to have any chance a little better hope for survival," he said.

Another unit member attending the Mass, as a Boy Scout leader from Troop 108, Hazardville, was seated across the aisle from the victim.

"I was proud of him and who he represents after watching what he did and keeping everyone together in a very tense situation," said Senior Master Sgt. Robert P. Zukauskas, information assurance, 103rd Communications Flight. "There are amazing things being done half way around the world by brave men and women in the military—but we need to remember what they're doing here, too."

Cavanna was subsequently awarded the Air Force Commendation Medal in front of his peers and his family during a ceremony March 4, 2007, at Bradley Air National Guard Base.

*Capt. Christopher A. Cavanna (left) receives a congratulatory handshake and Air Force Commendation Medal from Col. John P. Swift III, commander of the 103rd Fighter Wing, during a ceremony in Cavanna's honor on base, March 4. Capt. Cavanna was awarded the medal for his actions at Four Chaplains' Mass at Saint Adalbert Church in Enfield, Conn., Feb. 11, 2007. (Photo by 1st Lt. Jefferson S. Heiland)*

## Bush names Lute to new post to support Iraq, Afghanistan Ops

DONNA MILES  
AMERICAN FORCES PRESS SERVICE

President Bush announced May 16 that he has named Army Lt. Gen. Douglas E. Lute, director of operations for the Joint Staff, as assistant to the president and deputy national security advisor for Iraq and Afghanistan. Bush named Lute to the new position to serve as the full-time manager for implementing and executing U.S. strategies for Iraq and Afghanistan, the president explained.

Lute also will manage the interagency policy-development process for the two theaters, working closely with National Security Advisor Stephen J. Hadley, the Cabinet and the president. Lute's efforts will directly support Navy Adm. William J. Fallon, commander of U.S. Central Command; Army Gen. David H. Petraeus, commander of Multinational Force Iraq; U.S. commanders in Afghanistan; and the U.S. ambassadors to Iraq and Afghanistan, Bush said.

"Nothing is more important than getting Admiral Fallon, General Petraeus, American commanders in Afghanistan, and Ambassadors (Ryan) Crocker and (William) Wood what they need, and Douglas Lute can make sure that happens quickly and reliably," the president said. Bush praised Lute as "a tremendously accomplished military leader who understands war and government and knows how to get things done."

While serving more than two years as director of operations at U.S. Central Command,

Lute played an integral role in implementing combat operation plans in Iraq and Afghanistan and gained a critical understanding of the challenges being faced in the war on terror, the president noted.

"He has already earned the respect and trust of the officials with whom he will be working in his new role," Bush said.

Petraeus praised the president's choice for the new post. "Doug Lute knows Iraq, the region and Washington, and he'll be a great addition to the team that is striving to achieve success in Iraq," Petraeus said. "He is also a doer."

Crocker shared Petraeus' enthusiasm about Lute's nomination. "His knowledge and experience will make him a valuable partner to our efforts in Iraq," he said. "I look forward to working closely with Lt. Gen. Doug Lute in the coming months. His knowledge and experience will make him a valuable partner to our efforts in Iraq."

A 1975 graduate of the U.S. Military Academy at West Point, N.Y., Lute served with the 2nd Armored Cavalry Regiment during Desert Storm and commanded Multinational Brigade East in Kosovo in 2002. He has served on the staff of the Army chief of staff, on the Joint Staff's Directorate for Strategic Plans and Policy, and as executive assistant to the chairman of the Joint Chiefs of Staff.

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 See your Chiefs, First Sergeants and JEC members for tickets



## BNCO Course grads hear

STAFF SGT. STEVE MARKOWSKI  
130TH PAD

A week after returning with his Soldiers to Connecticut from Afghanistan, Command Sgt. Maj. David Warner explained to a group of noncommissioned officers how they can expect to be held responsible for their troops while training for and carrying out deployments. Perhaps more importantly, he explained to them why they will be held responsible.

"The counter-insurgency war we are fighting is being led primarily by staff sergeants," Warner said, while delivering the keynote speech at the graduation ceremony for the Basic Noncommissioned Officer Course Phase 1 at Camp Rell in Niantic. Graduates of the course are noncommissioned officers from various units in the Connecticut and Rhode Island Army National Guards, and the U.S. Army Reserve.

"The 102nd Infantry conducted thousands of mounted patrols from multiple forward operating bases. Just about every patrol was led by a staff sergeant," Warner said, adding that this was a departure from previous wars featuring platoon-sized elements usually led by lieutenants and platoon sergeants.

Warner is the battalion command sergeant major for the 1st Bn., 102nd Inf., which served in Afghanistan for a year, as part of an 18-month activation in support of Operation Enduring Freedom.

Warner said that in advancing from junior sergeants to squad leaders, the graduates need to understand that squad leaders are responsible for making sure that their Soldiers are properly trained, equipped and prepared. As squad leaders, they need to be experts in the weapons systems and communications systems that will keep their squad members alive in combat. They also need to be able to navigate diverse and challenging terrain and be able to interact with people at all levels within host nations.

He also discussed the importance of maintaining discipline within their squads, regardless of the conditions they face.

"You are responsible for upholding all Army standards," Warner said. "Being in a combat zone is not a reason to slack off on standards. Being in a combat zone is the very reason the Army has high standards."

Warner had plenty of advice for the 38 graduates of this BNCO Phase 1 cycle, centered on the insight of an experienced command sergeant major who had just returned from the frontlines in the Global War on Terror. His comments were especially timely, considering some new subject matter contained in the curriculum for BNCO.

Course content has been updated and increased, based upon lessons learned in the GWOT, according to Master Sgt. Christopher Casey, the course manager. Such changes will help staff sergeants to better prepare their units for wartime missions, Casey said, adding that this has also required that more classroom time be added to the course.

Despite the increase from 73 to 95 hours, the course is still 12 days long. This cycle, known as BNCO 01-07, was conducted across six drill weekends that culminated with the graduation ceremony on Sunday, April 29, 2007.

Numerous, diverse subjects are covered during the course, including: cultural awareness, reacting to improvised explosive devices, casualty evacuation, checkpoint operations, planning, scheduling and writing noncommissioned-officer evaluation reports, among other topics.

"The course needs to continually evolve to face today's challenges in the most efficient and effective ways possible," said Staff Sgt. Noel M.A. McGuinness, C Company, 3rd Battalion, 142nd Aviation, who was awarded the Sergeant's Major Council Award as the honor graduate for the cycle. Like many of the graduates in his class, McGuinness has deployed to Southwest Asia, and he said that he understands the importance of developing new leaders in new areas of responsibility.

In late 2005, McGuinness returned from a yearlong deployment to Iraq, as a helicopter crew chief with B Company, 1st Battalion, 189th Aviation. He said that a deployment of that type is a very



Members of the 2007 BNCO class wait to enter Nett Hall at Camp Rell for their graduation ceremony. (Photo by Lt. Col. John Whitford, State PAO)



# advice from OEF veteran

valuable experience for any leader.

“It’s a tough time. But, it’s where you’re going to learn the most,” McGuinness said.

A desire to keep learning is one characteristic that each of the graduates needs to continue, according to Lt. Col. Michael Wieczorek, commander of the 2<sup>nd</sup> Battalion, 169<sup>th</sup> Leadership Regiment.

“Stay informed on current events and how they impact the military. Study history and learn from mistakes that have been made by others in the past. Stimulate your mind, or it will become stagnant,” Wieczorek said. He also reiterated comments made to the students prior to the completion of the course, by Command Sgt. Maj. Joseph Sevigny, 2<sup>nd</sup> Bn., 169<sup>th</sup> Leadership Reg.

“Leaders are made, not born. You need to stress your leadership often. Leaders get involved,” Wieczorek said. “Also, BNCOC is just a step in what needs to be a lifetime of learning.”

One student who said he learned a lot during the course is Staff Sgt. Adam King, of the 250<sup>th</sup> Engineer Company. He was recognized as the student who attained the highest grade-point average in the cycle.

“We were in class 12 hours a day” King said. “The goal of the course is learning to reference. We learned where to go to get the information that we need.”

The course featured students and instructors with broad ranges of military and civilian professional experience, according to McGuinness. He said that while being named honor graduate of the cycle is a tremendous honor, he owed it to the high level of professionalism and experience among his classmates. McGuinness was awarded the Army Achievement Medal during the ceremony.

The instructor of the cycle, as chosen by the cadre for the course, was Sgt. 1<sup>st</sup> Class Daniel Freeman. He was also awarded the AAM during the ceremony.

Several speakers thanked the Soldiers for their dedication and service to their country during a time of extended deployments for Guard members.

“These Soldiers are here because they want to be better leaders,” Sevigny said, directing his comments to numerous family members in the audience. “These Soldiers believe in the freedoms of America, and they want to maintain those freedoms for all of us.”

Warner gave special accolades to the family members who support Soldiers, especially when they are facing dangerous situations every day. He said that Soldiers serving overseas benefit from knowing that they have support from loved ones back home.

“One of the biggest morale boosters for my Soldiers was knowing that their families fully supported them,” Warner said.

Warner’s military career began more than 30 years ago. He served four years with the 325<sup>th</sup> Airborne Infantry of the 82<sup>nd</sup> Airborne Division. He joined the Connecticut Army National Guard in 1982, and has been a member of the New York City Police Department for more than 20 years. He is currently a detective with NYPD.

**“You are responsible for upholding all Army standards. Being in a combat zone is not a reason to slack off on standards. Being in a combat zone is the very reason the Army has high standards.”**

**Command Sgt. Maj. David Warner**



Command Sgt. Maj. Sevigny presents the Commandant’s Award to Staff Sgt. Noel M. A. McGuinness during the graduation ceremony for Class 001-07 Basic Noncommissioned Officer Course, April 29, Camp Rell, Niantic. (Photo By: Pfc. Kristin A. Aldo, 130th PAD)



Col. Thomas S. Stefanko and Lt. Col. Michael Wieczorek present Staff Sgt. Adam J. King with the Academic Award for Class 001-07 Basic Noncommissioned Officer Course, April 29, during a graduation ceremony Camp Rell, Niantic. (Photo By: Pfc. Kristin A. Aldo, 130th PAD)



Sgt. Greg S. Gallagher, and brother, Mike Gallagher, sister, Kristin Gallagher, mother Jackie Gallagher, and grandfather, Robert Forrest gathered after a graduation ceremony Camp Rell, Niantic. Gallagher just graduated with Class 001-07 Basic Noncommissioned Officer Course, April 29. (Photo By: Pfc. Kristin A. Aldo, 130th PAD)



# National Guard Association of Connecticut holds annual conference, awards banquet

Pfc. KRISTIN A. ALDO  
130<sup>th</sup> PAD

The 13<sup>th</sup> Annual National Guard Association of Connecticut (NGACT) Conference took place at the Marriott Hotel, Rocky Hill on March 24.

Every year the association holds a conference that gives an opportunity for members and non-members to see what has been accomplished in the past year, and what areas still need to be worked on to improve benefits for Guardsmen, Retirees, Veterans and their Families.

Among this year's accomplishments, the NGACT has assisted with saving jobs at Bradley Air Base, supporting Family Day, unit send-off ceremonies, Operation E.L.F., and so on. The members have also attended as many national and regional conferences as possible to share experiences and learn from the experiences of fellow National Guard Association members from around the country, said Debbi Newton, President of the NGACT.

Throughout the current year, the NGACT has plans to do such things as pass a student fee waiver at state universities, colleges, and community and technical colleges, and make it illegal to hold a protest on any public or state property within 300 yards of a cemetery while a military funeral is taking place. The list is a lot longer than just these two things, though, including free admission to state parks, professional liability insurance protection, and some tax exemptions.

This year, Jason Hall, the director of the National Guard Education Foundation and Curator of the National Guard Museum, Washington D.C. was the keynote speaker for the conference. Hall gave an extensive slideshow presentation on the history of the National Guard throughout the United States, concentrating on Connecticut's history. Hall was able to give the 45-minute presentation without once looking at notes and received a lengthy standing ovation at the end of the presentation. According to many of the conference attendees, Hall's presentation gave them an even greater sense of pride in belonging to an organization with such a lengthy and rich history.

It was a bittersweet appearance for Hall. It was the first time his parents, who are from New Hampshire, had ever seen Hall's presentation, and the last time he would give it. He has accepted a job with the U.S.S. New Jersey museum. He said he was grateful to be able to give his last presentation in Connecticut as he was among so many family and friends, to include the family of retired State Command Sgt. Maj. Anthony Savino and Newton.

Aside from Hall, representatives from the Enlisted Association of the National Guard of the United States (EANGUS), including national Auxiliary President Sheila Bandy, and

members of the Connecticut State Legislature also spoke during the conference. Representatives Linda Orange and Len Greene attended and spoke at their fourth conference, Rep. Ted Graziani spoke at his second, and Rep. Kevin DelGobbo addressed the conference for the first time.

Following the conference, the annual dinner for the NGACT was held during which awards were presented including the Minuteman Award, the association's highest award, to Staff Sgt. Joseph Phaneuff, the NGACT Leadership Award to Col. Steve Gilbert, and the Meritorious Service Award Frank Perry and Graziani.

Phaneuff was killed in action while serving with the 1<sup>st</sup> Battalion, 102<sup>nd</sup> Infantry in Afghanistan. This was his second deployment. His wife, Michelle, and their three children accepted the award.

Gilbert, who was still in Afghanistan, is the commander of the 102<sup>nd</sup> Infantry Brig. Gen. (Ret.) Dan McHale accepted the award for Gilbert who sent a message to those gathered saying he was very honored by the award and proud of his Soldiers, and saying that he would bring them back home safely. (The unit returned to Connecticut in April.)

Perry is a retired member of the Connecticut Army National Guard who established a database email roster of 400 retirees who he sends emails to at least twice a week keeping them informed of the happenings of the Connecticut National Guard and the NGACT.

Graziani accepted his award for three years of untiring efforts on the Select Committee on Veterans Affairs for his work on behalf of the National Guard.

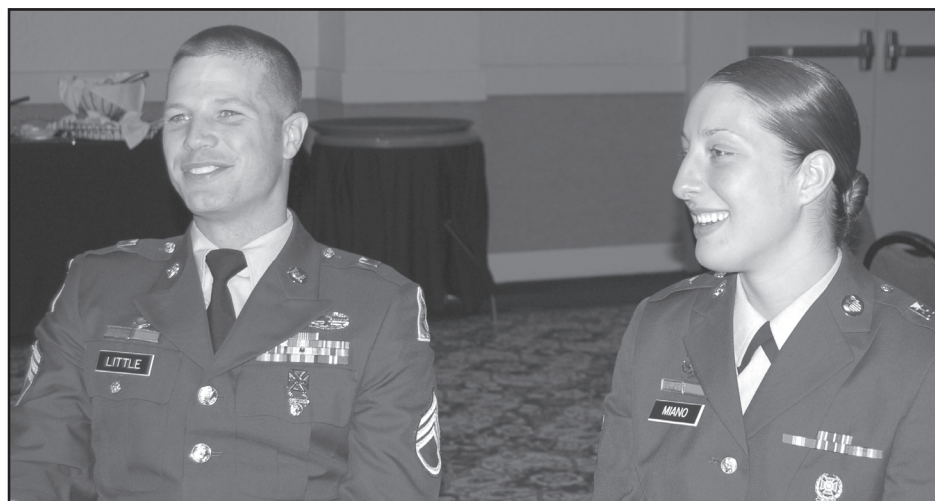
For the second year, NGACT also recognized the accomplishments of several Soldiers and Airmen who had been selected as the best from among their peers.

State Senator Andrew Maynard, co-chair of the Select Committee on Veterans Affairs was the keynote speaker for the banquet.

The NGACT was formed in 1994 as a combined officer and enlisted organization for the purpose of representing active and retired members of the Connecticut National Guard.

Since 1994, the NGACT has helped to improve benefits for an individual Soldier and his family as well as obtain better equipment for Soldiers. The association also provides support services including scholarships and representation at the National level through EANGUS and NGAUS.

Anyone interested in becoming a member or learning more about the association can go to [www.ngact.com](http://www.ngact.com) or contact the office at (203)247-5000.



Staff Sgt. Jeremy R. Little and Spc. Jessica D. Miano listen to speeches made at the 13<sup>th</sup> Annual National Guard Association of Connecticut Conference dinner, during which each of them received awards. Little was recognized as Non-Commissioned Officer of the Year and Miano as Soldier of the Year. The NGACT dinner was held March 24, at the Marriott Hotel, Rocky Hill. (Photo by Pfc. Kristin A. Aldo, 130<sup>th</sup> PAD)



State Representative Ted Graziani and State Senator Andrew Maynard share a laugh at the 13<sup>th</sup> Annual National Guard Association of Connecticut Conference dinner. The two are co-chairs of the Select Committee on Veterans Affairs. (Photo by Pfc. Kristin A. Aldo, 130<sup>th</sup> PAD)

State Senator Andrew Maynard, co-chair of the Select Committee on Veterans Affairs was the keynote speaker for the 2<sup>nd</sup> Annual Awards Banquet hosted by NGACT. (Photo by Pfc. Kristin A. Aldo)





# Department takes steps to ensure DoD computer networks available for operations

DoD PRESS RELEASE

To ensure DoD networks are available for combat operations and critical support activities, the Department issued a directive May 14 that prohibits DoD computers from accessing specific recreational web sites. The measure preserves military bandwidth for operational missions and enhances DoD computer network security.

The selection of these particular sites was based on the volume of traffic moving from official DoD networks to the Internet. The sites include: YouTube; 1.fm; Pandora; MySpace; PhotoBucket; Live365; hi5; Metacafe; MTV; ifilm.com; Blackplanet; stupidvideos; and filecabi. Additional sites may be added in the future as part of ongoing efforts to ensure DoD networks have sufficient throughput available to conduct

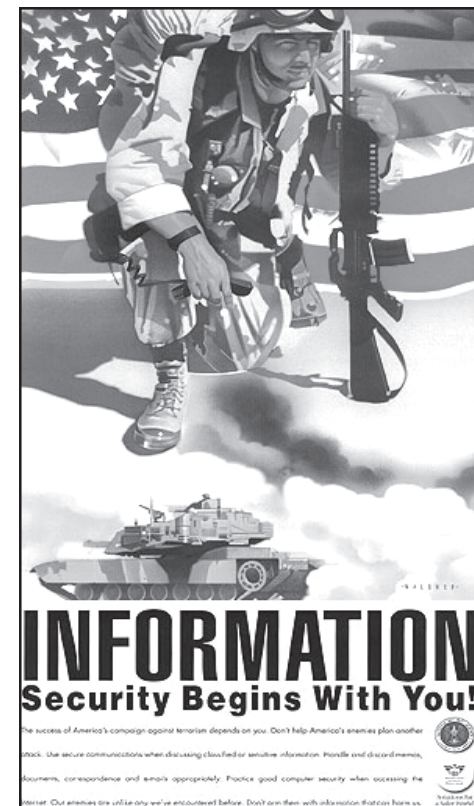
operational and supporting missions as well as enhance DoD network security.

This directive does not prohibit any individual, including DoD personnel or their families, from posting to or accessing these sites from personal or commercial network providers; it only restricts the use of DoD computer network resources to access these sites.

In Iraq and Afghanistan, many of these sites as well as others have been blocked by DoD for more than two years, some for as long as four years. Consequently, this directive does not prevent deployed DoD personnel from communicating with family members or loved ones. There are a wide variety of commercial communication services such as e-mail, telephone calls and video conferencing at many locations in Southwest Asia. In addition, the Army Knowledge Online/

Defense Knowledge Online network is available to military members and their families providing a rich information sharing environment, including email, file sharing (pictures, videos, and documents), discussion forums (blogging), instant messaging chatrooms, and video messaging.

Commercial Internet services are also provided by DoD Morale, Welfare, and Recreation (MWR) facilities, which are widely available throughout Iraq and Afghanistan and are not affected by this directive. Deployed personnel can access recreational Internet web sites from Internet cafes and other facilities in many locations around the world. These alternative sites do not rely on military bandwidth.



## From the Front: Dangerous roads, brave Soldiers

CAPT. MIKE DEBEISI  
Deployed

*(Editor's Note: This is the second of a two-part report from Capt. Debeisi of the Connecticut Army National Guard Medical community. The first part appeared in the April issue of the Guardian.)*

The streets of Iraq that hold our supply lines have seen so much IED activity that you pass a large hole or pieces of debris every few feet! With every explosion our work here becomes more difficult and the stakes grow - but I had a chance to further witness this.

On our way back home from successful delivery of our first mission we ran into an Iraqi Army (IA) roadblock. For those who are not aware, you NEVER stop an American convoy because that puts us at risk and we are therefore authorized the "use of deadly force" or to drive straight over you! I could see ahead with their intense hand waving that the IA's were having a problem communicating the circumstances of this action with our lead vehicle.

Fearing that an escalation of force may ensue, I asked permission to proceed to the front of the convoy so I could translate. Silence proceeded over our intercoms for several seconds as there was obvious thought on the other end of our request for letting your doctor exit the vehicle. We were then given "roger, green to move" and we slowly proceeded to the lead vehicle. I could not exit the vehicle until my gunners were ready to "provide cover" and two of my crew members came around to my side of the vehicle to escort me with rifles drawn. I then switched my weapon from safe to fire.

As I unlocked the battle doors and stepped

out the vehicle my adrenalin rush was intense and the hairs on back of my neck stood up. I could see buildings at a distance where a sniper can easily find his home and fear struck deep in my soul.

I walked towards the IA's and after exchanging formal greetings they quickly informed me of a suspected IED that they had passed and kindly requested us to remove it. They pointed to a suspicious white trash bag on the side of the road in the distance.

We waited until a heavily armored EOD (Explosive Ordinance Disposal) team relieved us and we were back on our way. Several minutes down the road we heard that they were unable to identify the object so they set a charge to it and performed a "controlled detonation." The road was now clear for traffic.

At that moment I thought how wonderful it was that teamwork and camaraderie prevailed between two groups working to improve this nation. Everyday our troops strive to keep the people of Iraq safe... today they returned the favor.

Several days later I got the bug again and found myself on another mission. This time our trip would take several hours of road travel and carried more risk. But as we exited the gate and test fire was complete, I found myself more at ease and could sit back and enjoy the ride. "Pothole left" or "suspicious vehicle approaching" didn't elicit the same internal response as my first mission and I was beginning to slowly grasp how our troops are able to become desensitized to such stressors.

It had previously been a long night and I was exhausted, so I slowly laid my Kevlar helmet back and began to slowly drift in and out of sleep.

Suddenly I was awakened by a warning in my headphones, "IED right side, IED right!"

Our vehicle came to an abrupt halt and I was thrown up against the front seat. We were sitting several meters away from a large artillery shell when we came to a stop and quickly crossed over to oncoming traffic to get around the IED. My heart was pounding, my hands were shaking, and a sigh of relief exited from all.

After our team regained composure and we commenced with role-call to assure all our vehicles were safe, we quickly began blocking the road and called for EOD. Just then as I looked at the IED in the distance I realized something - my lead truck with such brave Soldiers did just what they said, "point it out and drive sir." They drove straight past this IED and could not see it until it was too late for them, yet all we heard over the radio in a calm and controlled manner was "IED right side," giving the other vehicles in the convoy enough time to escape danger.

I could not sense the panic or fear in their voice or movement as their vehicle negotiated this obstacle with extreme professionalism. Luckily, the vehicle failed to initiate the triggering device and American flags would not be delivered to our families today. As EOD arrived on scene, we utilized our team to secure the area because by now there had been a large group of civilians gathered to observe the situation.

Again I had to exit the vehicle to translate because a group of Iraqi Police had come up to our roadblocks and were attempting to gain access. I pointed out the IED and granted them secure travel via a parallel bypass around our cordon. This time we were able to stay and watch the radio controlled EOD robot approach and "interrogate" the IED. Our brave little

machine had trouble dragging the explosive as far off the road as possible to avoid leaving a new hideaway for the next IED to be planted. A charge was set and the countdown commenced until I heard an ear piercing boom and a flash of fire and smoke encircled the area.

Although at a fair distance, our 20,000 lb Humvee shook and I felt the rattle in my chest when the explosive was detonated. I then could only imagine what such an explosion could have done to our vehicle and quickly purged these thoughts from my head. We again were back on the road to complete our mission. Many thoughts were racing through our head - I'm sure the most prevalent was "what if..."

As we approached the gates back to our base, I could see several children playing soccer in a dusty field nearby. Armored vehicles with huge guns mounted on top must seem so commonplace to them as we drive past. I hope that never becomes "ordinary" to any child and future generations will once again find this disturbing.

Just then a little girl ran up to my truck and began to wave hello at my window. She was the cutest little thing with long black hair and big brown eyes. She was barefoot, dirty, and dressed in torn rags. But the look in her eyes as her little hand bobbed up and down and a smile spread across her face caused a warm feeling to surge through my body. She clearly could not understand why we are here - but thankful nonetheless.

She again reminded me why negotiating a roadway fraught with fear and IEDs is sometimes necessary. Someday she will have shoes and play on grass.



# Army Values posters get a needed makeover

HANK MINITREZ  
ARMY NEWS SERVICE

New Army Values posters are going up in offices and barracks world-wide.

The original Army Values posters were first published nine years ago.

"This update is important because the Army Values posters serve as a visual reminder of our culture and provide an incentive for Soldiers to live up to the Army Values," said Kittie Messman, Values project manager in the Army G-1's office.

The posters were released March 15th. All publications account holders who normally receive Department of the Army posters will receive the Values posters through normal publications supply channels. Account holders may order additional posters through their publications control officer.

The intent of the posters is to reemphasize and reinvigorate Army Values, according to Army G-1.

Army culture promotes certain norms of conduct which include a unique service ethic expected of every Soldier - to make personal sacrifices in selfless service to the Nation.

Additionally, leaders require the highest level of individual and organizational discipline and moral values during peace and war. The moral and ethical tenets of the Army Values characterize the Army culture and describe the ethical standards expected of all Soldiers.

"The Army Values are the baseline, core, and foundation of every Soldier," said Messman, herself a retired Army Master Sgt. "They define who they are, what they do, what they stand for, and drive their actions at home, work, in peace and during war."

The posters may be viewed and downloaded from the Army G-1's website <http://www.armyg1.army.mil/HR/ARMYVALUES.ASP> and will be featured in Soldiers Magazine from June through January.

## Army Values

**Loyalty.** Bear true faith and allegiance to the U.S. Constitution, the Army, your unit, and other Soldiers. This means supporting the military and civilian chain of command, as well as devoting oneself to the welfare of others.

**Duty.** Fulfill your obligations. Duty is the legal and moral obligation to do what should be done without being told.

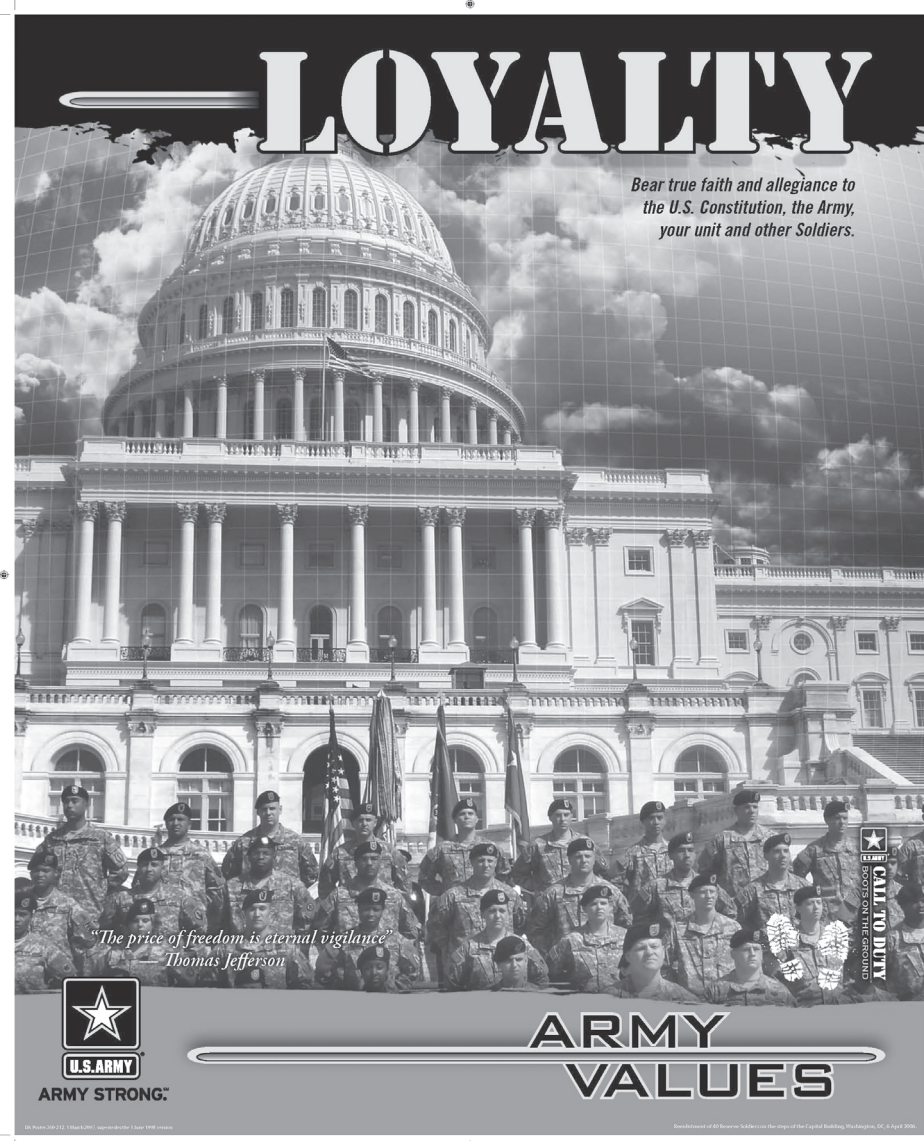
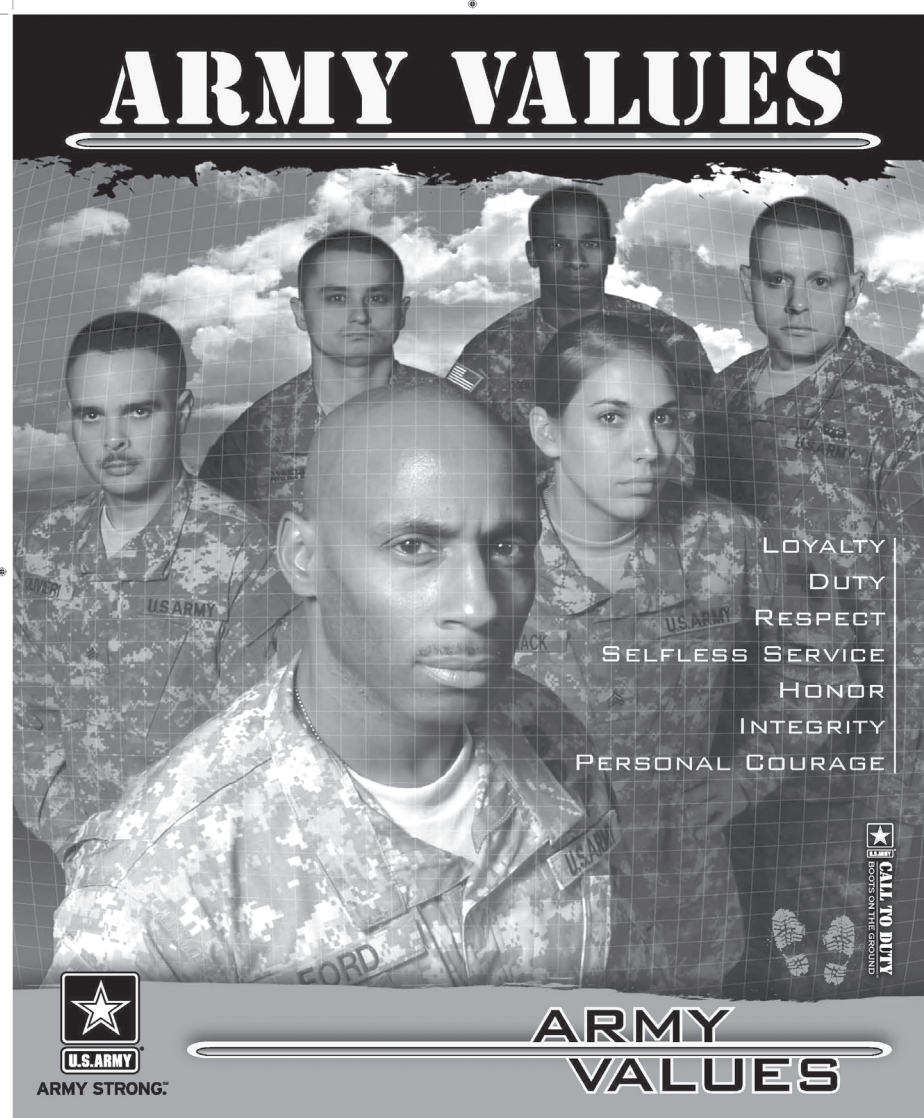
**Respect.** Treat people as they should be treated. This is the same as do unto others as you would have done unto you.

**Selfless service.** Put the welfare of the Nation, the Army, and subordinates before your own. This means putting the welfare of the Nation and accomplishment of the mission ahead of personal desires.

**Honor.** Live up to all the Army Values. This implies always following your moral compass in any circumstance.

**Integrity.** Do what's right-legally and morally. This is the thread woven through the fabric of the professional Army ethic. It means honesty, uprightness, the avoidance of deception, and steadfast adherence to standards of behavior.

**Personal Courage.** Face fear, danger, or adversity (physical or moral). This means being brave under all circumstances (physical or moral).





DUTY

Fulfill your obligations.

HONOR

Live up to all the Army Values.

RESPECT

Treat people as they should be treated.

INTEGRITY

Do what's right, legally and morally.

SELFLESS SERVICE

Put the welfare of the Nation, the Army, and your subordinates before your own.

ARMY VALUES

ARMY STRONG

PERSONAL COURAGE

Face fear, danger, or adversity.

ARMY VALUES

ARMY STRONG



# Germany

## More than just Oktoberfest!

Spc. REBECCA REYNOLDS  
130<sup>TH</sup> PAD

*(Editor's Note: The Guardian is beginning a series of articles on the countries in which Connecticut Guardsmen are deployed, or will be. The 643<sup>rd</sup> Military Police Company has been deployed to Germany for nearly a year, and it is with Germany we begin the series.)*

Today Germany has a population of more than 82 million and encompasses 137,821 square miles. However, the Germany we are now familiar with is very different from its origins.

Germany began as numerous fiefdoms, kingdoms, and independent cities and towns associated with the Holy Roman Empire. The provinces were officially unified in 1871 by Wilhelm I, but deteriorated around the turn of the century and led to Germany's involvement in World War I. The economic and political instability that followed paved the way for the National Socialist (Nazi) party to gain a foothold.

After World War II, control of Germany was divided by the United States, United Kingdom, France, and the Soviet Union. In

1949 Germany was divided into the western Federal Republic of Germany and the eastern Democratic German Republic, but was once again unified in 1990 with the fall of communism.

Modern Germany enjoys technological development, economic productivity, and a high standard of living; although it has been an arduous and financially straining task to get the eastern portion of the country caught up to the standards of the west.

Germany consists of 16 "Bundeslander" or states. The cities of Hamburg, Bremen, and the capital city of Berlin, are states of their own. Other notable German states are Bavaria, which is located in the southeast, Rhineland, located in the west, and Saxony in the east. Each state is represented in Germany's federal government. The government itself is a parliament overseen by a president.

It is mandatory for all German males to either join the German defense force (the *Bundeswehr*) or participate in an alternate public service. Females may also join the *Bundeswehr*, although it is not required. Mandatory service in the *Bundeswehr* is comprised of three months of training and six months of active service. Although conscripted troops may be deployed,



it is more likely the volunteer force would be used.

Germany is home to hundreds of castles and more than 5,000 varieties of beer. Many of these are available at the world famous Oktoberfest which is held annually in Munich between mid-September and early October. The festival offers rides, games, a multitude of traditional culinary favorites, and, of course, beer tents. The patrons of the beer tents are exposed to a festive environment brought on by music, food, food and drink, but with the sizable crowd seating is at a premium.

Among Germany's most famous features is the Autobahn highway. Contrary to popular belief, the autobahn has speed limits in many parts. The

recommended speed is 130 kilometers per hour, or about 80 mph. Although the autobahn is designed for excessive speed, many drivers find an influx of vehicles has made it impossible to drive as fast as they are capable. Still, the rural areas of Germany can offer little traffic with gentle curves and inclines that makes for an exciting driving experience.

Approximately 68 percent of Germans are Christian, with half that being Roman Catholic. Traunstein, a Bavarian town near the border of Austria, is the hometown of Pope Benedict XVI. The pope, who was elected to the papacy in April 2005, was formerly a cardinal in his home country.



Photos of Germany and the 643rd MPs at work courtesy of the 643rd Military Police Company, CTARNG



# Connecticut Military Department News

## Foot Guard travels to Savannah for St. Patrick's Day

SGT. MARK BOUDREAU  
FIRST CO. GOVERNOR'S FOOT GUARD

The First Company Governor's Foot Guard, under the command of Maj. Commandant Dennis Conroy, traveled to Savannah, Georgia to participate in the city's St. Patrick's Day parade.

Planning for this event began last fall, but the weather almost prevented the Foot Guard from 'getting out of town.' The bulky equipment was packed into a truck which left early and some members provided their own transportation. The majority of the members, however, were scheduled to fly out of Bradley International Airport on Friday, March 16, the day of the worst winter storm of the season. Of those flying, most were on the same flight and the jet on which the flight was scheduled was waiting all day. There were some casualties of the storm: people flying on other airlines found their flights cancelled and the condition of the highways prevented others from getting to the airport. For those that got to make the trip, it was well worth the effort.

This year marked the 183<sup>rd</sup> St. Patrick's Day parade in Savannah and it was an impressive event. The entire parade staging and execution were very well organized. Groups from all over the country, as well as local groups, descended on Savannah early on the morning of the 17<sup>th</sup>, but everyone easily made it to their assigned staging area and the parade went off like clockwork. The people in Savannah proved to be very courteous and friendly hosts.

The parade itself wound through tree-lined streets as well as wide city avenues. The entire 2.9 mile parade route was lined with spectators that completely filled the sidewalks. It was estimated that at least 400,000 (with some estimates as high as 750,000) people were in Savannah for the St. Patrick's Day celebrations, but crowd control and safety were not an issue. Fifty one bands were scheduled to participate in the parade, including the Foot Guard band.

After the parade, all members enjoyed Savannah's southern hospitality for the remainder of the weekend. For most of those flying back, the trip home proved to be much less eventful than the flight down.

The First Company Governor's Foot Guard, established in 1771, is the oldest military organization in continuous existence in the United States.



## OPEN HOUSE

at the

### The First Company Governor's Foot Guard

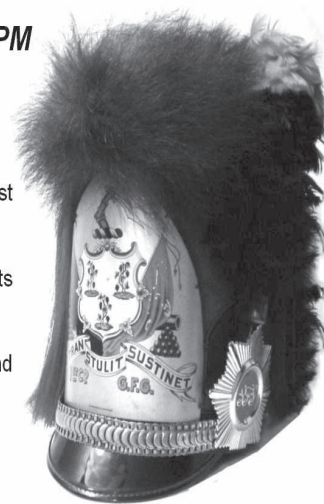
Monday, May 21, 7:00- 9:00PM

Foot Guard Armory  
159 High Street  
Hartford, CT

- Tour the historic armory of the First Company Governor's Foot Guard
- Visit our museum and view artifacts from our 235 years of service
- Watch our annual prize drill and marching competition
- Hear the First Company Band perform

**Everyone Welcome!**

Membership information  
available



visit us at:  
[Governorsfootguard.com](http://Governorsfootguard.com)

## UConn students receive Foot Guard scholarships

SGT. MARK BOUDREAU  
FIRST CO. GOVERNOR'S FOOT GUARD

Maj. Dennis Conroy, Commandant of the First Company Governor's Foot Guard, has announced that two students in the College of Agriculture and Natural Resources at the University of Connecticut have been awarded scholarships. These scholarships are funded from proceeds of the annual First Company Governor's Foot Guard Dog Show, sponsored by the Foot Guard every February.

Each year, students in the College of Agriculture and Natural Resources and the Ratcliffe Hicks School of Agriculture complete scholarship applications. Based on the application, academic information, hobbies, work experience, financial information and future goals, all applicants are evaluated and nominated for available scholarships for which they are deemed qualified. The list of nominees is sent to the annual scholarship selection meeting and this committee votes for the recipients of the scholarships. Because there are two scholarships awarded annually, one is usually awarded to an Animal Science pre-veterinary major and one is awarded to a Pathobiology and Veterinary Science pre-veterinary student.

Jaime Sutherland, from Methuen, Massachusetts, is a graduating senior majoring in pathobiology. Jaime graduated from Lowell High School in Lowell, MA. She made the Dean's list multiple times during her college career and was the recipient of the Frances E. Osborne Kellogg Fund Scholarship, the Willard H. Allen Scholarship, the Oaklawn Foundation Scholarship and the UConn Sophomore Honors Certificate.

The decision as to which veterinary school to attend

has not yet been decided, pending responses, but Jaime's choices are the University of Florida, the University of Pennsylvania and the University of Tennessee. She hopes to specialize in small animal medicine, a life-long interest, because she feels that she will help not only animals but their owners as well. Jaime especially appreciates the scientific aspect of this field and the challenge of making diagnoses.

Erica Daurio is the second scholarship recipient. She is a native of Guilford, Connecticut, graduating from Guilford High School and recently moved to East Haven. She is also a graduating senior at UConn, has earned Dean's list honors every semester and received various other awards from the University and the College of Agriculture for outstanding academic achievement. An early fascination with biology, anatomy and science grew into her desire to pursue a career in veterinary science.

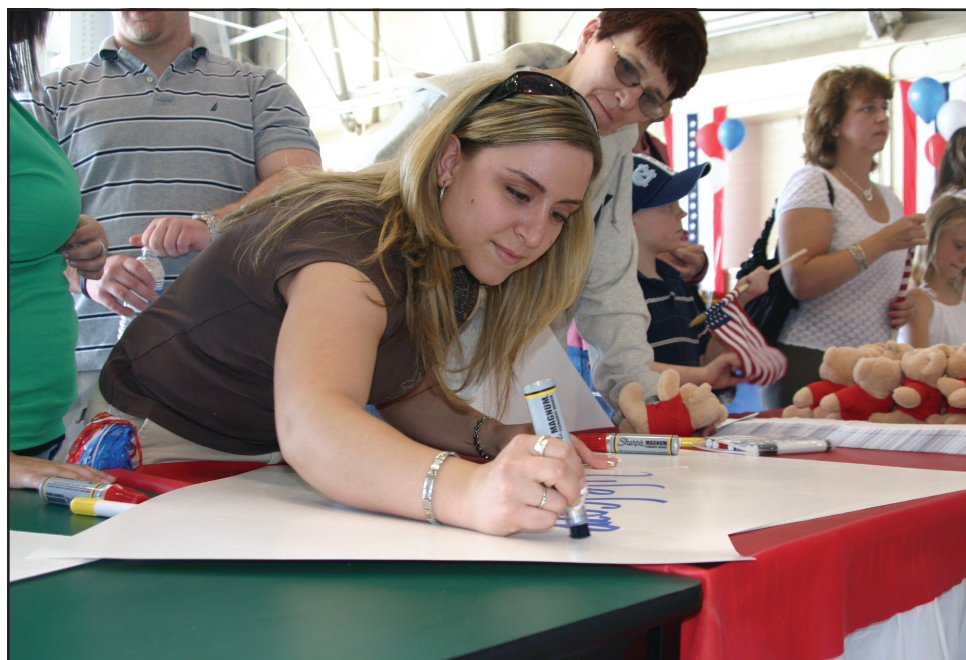
She worked with her aunt, whom she would visit once a year and who is a veterinarian and also shadowed at local veterinarian's offices. She interned at the Beardsley Zoo as a predator zookeeper, worked on a research project last summer studying the salt marsh sparrow and externed at a veterinary dentist office where she got to assist in some surgeries. She also works at UConn Transportation dispatching and driving buses and performing preventative maintenance. As a diversion, she does crossword puzzles and designs and makes knitwear. Erica plans on attending the University of Michigan after taking a year off.

The First Company Governor's Foot Guard, established in 1771, is the oldest military organization in continuous existence in the United States.





A young Soldier spends some quiet time with his daughter looking out over the airfield he and his fellow Infantrymen had just flown into after a year in Afghanistan. (Photo by Ms. Kiley Newton)



Sarah Owen, girlfriend of Spc. John Wagner, Company D 1-102<sup>nd</sup> Infantry, makes a sign to later hold up as Wagner arrives at the Army Aviation Support Facility, Windsor Locks, April 21. (Photo by Pfc. Sarah Cummings, 130<sup>th</sup> PAD)

# Infantry return Connecticut, no challenge: infan

**SGT. JORDAN E. WERME**  
**130<sup>th</sup> PAD**

When the two airplanes touched down safely on April 21 at the Army Aviation Support Facility, Windsor Locks, the Soldiers of the 102<sup>nd</sup> Infantry Battalion completed their return trip following a 15-month deployment to Afghanistan.

Nearly 400 sons, husbands, uncles, brothers and fathers stepped onto the tarmac at the Army Aviation Support Facility, exiting the aircraft that carried them on the final leg of their journey.

The second arriving airplane gave the first hint of who awaited inside. In large print along the plane's body were two words, normally just an advertisement for the carrier operating the craft.

In this case "Champion Air" meant so much more.

The Soldiers of the 102<sup>nd</sup> arrived in Afghanistan in April 2006 following three months of training at Fort Bragg, North Carolina.

While in Afghanistan the unit participated in more than 1,400 combat patrols and was instrumental in the disruption of Taliban activities in their patrol areas.

"I'm proud of them. They're heroes," said Teresa Husband, whose spouse, Sgt. Brandon Husband, HHC 102<sup>nd</sup> Infantry, was among the Soldiers welcomed home by thousands of supporters on the first warm, summery day of 2007. "I'm so proud of him. A year and a half is such a long time to be away," she said.

Sgt. Husband returned from deployment to find numerous family members anxiously awaiting their chance to welcome their Soldier home. Among the family gathered, Lailah Husband, his 9-month-old daughter.

"He came home (from Afghanistan) for his daughter's birth," said Tony Longobardi, Sgt. Husband's uncle, "but was only able to stay for two weeks." Now he returns to the immediate responsibilities of both husband and father, said Longobardi.

"Lailah was born on July 25," said Teresa, "and Brandon got home on the 24<sup>th</sup>. I was glad he came home, but it was very hard when he left again."

When the 102<sup>nd</sup> first mobilized for this mission in January

2006, Rosemary Roy and then 2<sup>nd</sup> Lt. David Roy, husband and wife, said goodbye to 1<sup>st</sup> Lt. David Roy, husband and wife.

"He missed (his daughter's) first birthday," said Harmon Howe, Lt. Roy's uncle. "He had to leave his wife with a newborn baby, a new family and we're all very proud of him."

"It's going to be a challenge for us," said Bess Howe, Harmon's wife, "and it's going to be a challenge for Rosemary having her husband home. We have to get used to being with him."

With the challenges of combat, Soldiers are now able to concentrate on their marriage and parenthood. But it's not easy to know that their war efforts do not go unnoticed.

"I just want to say 'thanks'," said Roy's aunt. "We all realize that it's important that returning Soldiers are appreciated by our citizens appreciate everything they do."

"While they're in Afghanistan, you're always nervous. You wonder if he's home now, so excited that he's home now, but you're nervous for everyone."

"I missed him a whole bunch," said Teresa, "but here to welcome him home. I'm glad he's home."

"I cried after he was on the bus when he left," said "I don't want to cry today, I just want to be scared because he hasn't seen me."

New families reuniting, nervous embraces, joyful embraces, and the too-often emotional scenes that accompany the return of Soldiers are only half the story for the 102<sup>nd</sup>.

While nearly 400 Soldiers returned from Afghanistan, the unit did experience a loss in the country.

Staff Sgt. Joseph E. Phaneuf, who was killed by an improvised explosive device on December 11, 2006, was the third Soldier of the 102<sup>nd</sup> to be killed in the global war on terror. Sgt. Felix De la Cruz, Spc. Robert Hoyt, December 11, 2006, and the previous deployment of the 102<sup>nd</sup>.



A crowd of more than 1,000 gathered to welcome home the Soldiers of the 1st Battalion, 102<sup>nd</sup> Infantry. (Photo by SGT. JORDAN E. WERME, 130<sup>th</sup> PAD)



# ns to ext nts

-month-old Marrissa, said  
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said Donna Symonds, Lt.  
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Jr., 38, was killed by an  
ecember 15, 2006. Phaneuf  
d lost in combat during the  
el Greco, April 9, 2004, and  
004, were both killed during  
02<sup>nd</sup> Infantry.



nd Infantry. (Photo by Sgt.



No matter their ages,  
children welcomed their  
Dads home with open  
arms, hugs, smiles,  
laughter and tears of joy.  
The Soldiers had just  
spent a year in  
Afghanistan with the 1st  
Battalion, 102nd Infantry.  
(Photos at left and right  
by Sgt. 1st Class Debbi  
Newton, State Public  
Affairs NCO. Photo  
below by Sgt. Jordan E.  
Werme, 130th PAD)





# Recruiting & Retention: Mission One

## Why let your children join?

STAFF SGT. PABLO RAVIZZOLI  
R&R COMMAND

Lots of questions go through parents' minds when their kids talk to them about the military. Will they have to go to war? What will they do there? What training can they choose from? How will they be able to use that later?

Some parents go to a recruiter, or a relative who served. They also go to websites and newspapers and magazines and read about what it's like to be in the military. Some accounts are positive, others are negative, and saying "yes" is not easy.

For one family, the question has been asked more than once. On Sept. 11, 1990, Glen (Andy) Hein joined the active duty Army. He picked up on a tradition left to him from his grandfather as well as other relatives who were in the military and law enforcement world. He joined "to protect (his) family and friends and people who couldn't do it for themselves." His career has taken him to Iraq, Somalia, Turkey and Korea, among other places. As deployments took their toll on his family life, Andy and his wife Leigh decided to seek stability for their children by going from active duty into the National Guard. What he learned though was that any day he "wasn't wearing the uniform, (he) wasn't going to be happy."

On Sept. 11, 2001, Sgt. 1st Class Andy Hein found himself primed and ready to do what he could to help our nation at a time of need. He joined the Connecticut Army National Guard to share with young Soldiers what he had learned in the military. He became a Recruiting and Retention NCO.

Believing that his relatives should make up their minds on their own, Hein chose not to push them towards, or away from, the

idea of joining the military. He shared with them the great days and the hard ones too as his career progressed. In spite of the many challenges he faced, both as an individual and as a parent and husband, the military has been a positive force in his life.

So much so that his sisters saw the traveling and the training and the person that their brother had become and, in their own time, decided to join. Jennifer, 20, joined, in part for the educational benefits. She saw the discipline in her brother. She decided that one day she would be an active duty Soldier in the Judge Advocate General (JAG) corps. The military for her became a place to gain the skills, confidence and money necessary to become a lawyer.

Likewise, her sister, Emily, 23 years old, remembers the feeling of pride as she was growing up, knowing that her brother was a Soldier.

"Seeing Andy...showing off postcards" of the places he traveled to, seeing him motivated to do his job and always physically fit, made Emily want to try and achieve the same. She figured, "if they can do it, I can do it." She has chosen the field of Broadcast Journalism in the Army National Guard, and on May 1, she will be shipping to Basic Training to get started on her new career.

Setting the example made Andy influential in his sisters' lives, although the decisions were all their own. However, Andy's son, Roman, also saw the military lifestyle that both his parents had enjoyed throughout his youth. He saw the educational opportunity, but more importantly, he saw the challenge. He was

motivated by people in his life who said the military was too hard. He decided to show them as well as himself that he could do it. Roman chose to become a food service specialist. His plans are to continue on a path toward a college degree and become a Reserve Officer Training Corps (ROTC) Cadet, and eventually an officer.

As a brother and as a father, Andy has had to think about the future of the people he has set the example for. He's had to think about what may happen to his sisters and his son, if they get deployed. When asked about the possible dangers of deployment, Andy says "I felt like training prepared me (for deployments)." As a matter of fact, having seen both sides, he "disagree(s) when they say we're not as well trained as Active Duty."

His sisters and his son share similar ideas. They believe it is their duty to deploy when the nation asks them to and recognize that the benefits of wearing the uniform are much greater than the risks. Andy and his wife Leigh gave Roman their blessing because, after talking about it, they decided that the immense amount of experience, the training and the discipline instilled by military training would be an invaluable opportunity for Roman to move forward in life.

The striking characteristic that becomes obvious when talking to the Hein family is how much they are, and strive to be,



*The Heins have made the National Guard a family affair. From left: PV2 Jennifer Hein, Pfc. Roman Fein, Sgt. 1st Class Andy Hein and Pfc. Emily Hein. Jennifer, Andy and Emily are brother and sisters and Roman is Andy's step-son. (Photo by Staff Sgt. Pablo Ravizzoli, R&R Command)*

responsible, accountable, patriotic Americans who are willing to recognize the value of service. When questioned, they don't necessarily celebrate the \$20,000 bonus they got, or the free college tuition they earned, like others might. What they readily enjoy communicating is that service is the right thing to do, both for themselves and for the community around them.

The Hein family has made a conscious effort through the years to be tight, to support each other and to be there in a time of need. Likewise for the rest of us, their extended family, they do the same thing, through service in the Connecticut Army National Guard.

If you want to teach your children responsibility, accountability, self-respect, if you want to give them a lifestyle based on working hard to be a better person, ask the Hein family. They will tell you, with no hesitation, that those are the reasons for "letting" their children join the Connecticut Army National Guard.

## Pagoni family serving Air Force, Air Guard across generations

STAFF SGT. JESSICA ROY  
103RD SECURITY FORCES SQUADRON UNIT  
PUBLIC AFFAIRS REPRESENTATIVE

The Pagoni family may be the Connecticut Air National Guard's most serving family, with four serving in the CTANG.



*Pictured from left to right Lt. Col. (Ret.) Benjamin Pagoni, Sr. Airman Virginia (Pagoni) Ligi, Brian Pagoni, and 1st Lt. Christopher Pagoni pose for a picture following Brian Pagoni's enlistment into the 103rd Communications Flight March 22 at Bradley ANGB. (Photo courtesy of the 103rd Security Forces Squadron)*

The family's recent involvement with the CTANG began with Benjamin Pagoni Jr., 27, who served in the Security Forces Squadron from 1997 until 2004. He deployed to U.A.E. in support of OEF and was activated for Operation Noble Eagle.

After a little influence from his older brother, 1st Lt. Christopher Pagoni, 25, enlisted as an Aerospace Propulsion Apprentice in 2001. Three years after his enlistment he became a commissioned officer in the 103rd Logistics Readiness Squadron. He will be graduating from Quinnipiac University School of Law with his Juris Doctorate in May and has been accepted into the Air Force Judge Advocate General Corps.

Sr. Airman Virginia (Pagoni) Ligi, 23,

was the next Pagoni to serve in the CTANG. A member of the 103rd Security Forces Squadron since 2003, she served in Operation Noble Eagle and most recently, Operation Jumpstart.

The newest addition is Brian Pagoni, 18, who enlisted on March 22. Siblings Christopher and Virginia were on hand to witness his oath. He will be a 2007 graduate of Woodland High School and joined the 103 Communications Flight.

The family's history with the Air Force begins far earlier than these four individuals. It began with Maj. Anthony Pagoni, a fighter pilot who flew several different aircraft during World War II, the Korean War and Vietnam.

Lt. Col. Benjamin Pagoni quickly followed his father's footsteps, enlisting as an aircraft electrician. After several years of duty during Vietnam, Benjamin received his commission as a transportation officer in the Air Force Reserves. He soon became a

Special Agent with the Air Force Reserve's, Office of Special Investigations.

His younger brother, Lt. Col. Robert Pagoni, was the next to join the Air Force. He joined the Air Force as a commissioned weapons systems operator, eventually becoming an A-10 pilot with the Massachusetts Air Guard.

Col. Michael Colangelo was the third son to join the Air Force. After enlisting as an Arabic linguist, he eventually worked his way up to a commission in that career field. He currently is a colonel with the Arizona Air Guard. His two sons Michael and Joseph also enlisted in the Air Force.

As can be seen from the long list of military members, the Air Force is a family tradition for the entire Pagoni family. Proud father, brother, and son Lt. Col. Benjamin Pagoni Sr., says, "The Pagoni family believes in service before self. The military is one of the avenues we use to express our commitment to our country."



# Airman's Creed exemplifies warfighting ethos

MASTER SGT. MITCH GETTLE  
SECRETARY OF THE AIR FORCE OFFICE OF PUBLIC AFFAIRS

WASHINGTON (AFNEWS) — The Air Force chief of staff introduced the new “Airman’s Creed” April 18 to provide Airmen a tangible statement of beliefs that they can hold most dear.

The Airman’s Creed reflects pride in the role of air, space and cyberspace power and the Air Force’s commitment in supporting and defending the nation. The creed is fueled by the Air Force’s heritage and a warfighting ethos that exists in all Airmen, Gen. T. Michael Moseley said.

“Our new Airman’s Creed reminds us all of the incredible combat heritage we have as Airmen,” he said. “So it’s not entirely out of coincidence that we’re debuting the creed on the 65th anniversary of the Doolittle Raiders’ heroic strike at the heart of Imperial Japan in 1942. Like many Airmen of the past, the Raiders exemplified our warfighting spirit, and remain an inspiration to us all.”

Moseley said having an Airman’s creed is like a blinding flash of the obvious. The creed simply and concisely puts into the words the warfighting spirit that exists in Airmen past and present.

“Every single Airman, every person who walks across the parade deck at Lackland (Air Force Base, Texas), and every person who is commissioned is a combatant. That is our culture,” Moseley said. “We’re a combatant Air Force; our mission is to fly,

fight and win our nation’s wars. We should embrace the notion that the Air Force is a combatant organization.”

Since Operation Desert Shield in 1990, the Air Force has deployed and fought in the Persian Gulf region and other regions around the world by displaying its warfighting ethos.

Having a warfighting ethos is part of the Air Force’s soul, Moseley said. But, that ethos goes beyond just the last 16 years.

“The contribution of every Airman brings American military might to bear with the least possible loss of friendly lives and the maximum possible loss of hostile lives. That is an inherent good. That is the benefit of the American airpower that goes back to when Billy Mitchell said the same things in the 1920s,” Moseley said.

It’s the rich heritage of airpower and the missions Airmen carry out around the world every day that give Airmen their warfighting ethos and bring about the reason to have an

Airman’s Creed - an Airmen first mentality.

“This (Airman’s Creed) is wrapping ourselves in who we are and in our culture,” Moseley said. “It matters in everything we do from the organizational structure of a wing to our acquisition systems and from how we train to how we deploy. Everything about us is wrapped around our notion of American airpower. The warfighting ethos is a mind set.”

The Airman’s Creed was not created to regain some ideal that was lost or never identified. It was created to focus on and identify a spirit — a warfighting ethos — that transcends time from the past, to the present and into the future.

positive feedback.


“The response I got from Airmen was absolutely fabulous,” McKinley said. “I think this will be something special to Airmen. This new creed every Airman will know and be able to recite; but more than that, it’s something they can have in their hearts. We’ve had so many unofficial creeds for such a long time and now we will have an official Airman’s Creed.”

The Airman’s Creed derived from a collaborative effort and feedback from Airmen throughout the Air Force. Moseley said the Airman’s Creed is designed to resonate with Airmen past, present and future.

“This is about our people and an Air Force that is fundamentally different than any other service,” he said. “This is about where we’ve been and where we’re going as an Air Force.”

“We’re attempting to give credit to 700,000 Airmen — Active, Guard, Reserve and civilians — who fight our nation’s wars and give them the sense of ownership of a combatant organization, whether it is through changes at BMT, Airman battle uniform, the new service uniform or a focus on warfighting skills,” he said.

“This is to recognize who we are and the contributions we have made and make and to set the course for the future with a refined, reemphasized and remilitarized Air Force.”



**THE AIRMAN'S CREED**

I AM AN AMERICAN AIRMAN.  
I AM A WARRIOR.  
I HAVE ANSWERED MY NATION'S CALL.

I AM AN AMERICAN AIRMAN.  
MY MISSION IS TO FLY, FIGHT, AND WIN.  
I AM FAITHFUL TO A PROUD HERITAGE,  
A TRADITION OF HONOR,  
AND A LEGACY OF VALOR.

I AM AN AMERICAN AIRMAN,  
GUARDIAN OF FREEDOM AND JUSTICE,  
MY NATION'S SWORD AND SHIELD,  
ITS SENTRY AND AVENGER.  
I DEFEND MY COUNTRY WITH MY LIFE.



I AM AN AMERICAN AIRMAN:  
WINGMAN, LEADER, WARRIOR.  
I WILL NEVER LEAVE AN AIRMAN BEHIND,  
I WILL NEVER FALTER,  
AND I WILL NOT FAIL.

The Airman’s Creed encapsulates what it means to be an Airman, to have pride in service, Moseley said.

Chief Master Sergeant of the Air Force Rodney J. McKinley recently returned from visiting bases in Europe where he recited the new creed to Airmen and he received






OFFICERS CLUB OF CONNECTICUT  
HARTFORD ARMORY (860) 249-3634



MAY 2007

| SUN   | MON   | TUE                             | WED                                      | THU   | FRI  | SAT   |
|---|---|---------------------------------|--|---|--|---|
|   |   | 1<br>6 PM Quiet Birdmen Dinner  | 2<br>5 - 7 PM Reception CWA-1298 AFL-CIO | 3   | 4<br>Hooray! Hooray! The 4th of May Outdoor Funning Starts Today | 5<br>National Guard Drill Cinco de Mayo 4 - 7 PM 143rd FSB                                      |
| 6   | 7   | 8                               | 9<br>Post Road Tours                     | 10  | 11<br>The Single Event 630 PM Bob DiBella Steve Vozzolo          | 12<br>1st Co Gov Ft Guard EM Dinner Dance   |
| 13<br>MOTHER'S DAY BRUNCH 1130 - 2 PM Reservations 249-3634   | 14  | 15<br>12 pm Ladies O'Club Lunch | 16                                       | 17<br>12 Noon MOAA Lunch 530 Board of Gov Mtg | 18<br>5:00 PM Special Event Party (No Smoke event)               | 19<br>ARMED FORCES DAY  |
| 20  | 21<br>5 - 7 PM House Republicans Alumni Club              | 22                              | 23                                       | 24<br>12: Elmwood Seniors Lunch               | 25<br>O'CLUB NITE ANNUAL CLAM BAKE                               | 26  |
| 27  | 28<br>MEMORIAL DAY REMEMBER OUR FALLEN HEROES CLUB CLOSED | 29                              | 30                                       | 31  |  | JUNE 9TH AFTERNOON AT BUSHNELL "DIRTY ROTTEN SCOUNDRELS" AT 2PM WITH DINNER AT 5PM \$105 PERSON |
| O'CLUB OPEN FOR LUNCH DAILEY (w/SPECIALS) 1130 - 2 PM<br>BAR & LOUNGE OPEN AT LUNCH AND 4PM - CLOSING<br>MOTHERS DAY BRUNCH WITH BRUNO CERATI & MIMO SINGING<br>COMEDY AT BUSHNELL JUNE 9TH "DIRTY ROTTEN SCOUNDRELS" |   |                                 |  |   |  |   |

OFFICERS CLUB OF CONNECTICUT  
Presents  
ANNUAL CLAM BAKE  
Friday, May 25th, 2007, 6:30 pm



\$30.00per person

Menu

\$39.95 (w/ lobster)

Raw Bar

Salad Bar

New England Clam Chowder / Lobster Bisque

Boiled Lobster,(by request) (w/Clams, Red Potatoes, Corn on the cob, in a String bag) Penne Pasta w/ Marinara Sauce

Baked Rosemary Chicken & Roast Beef au jus

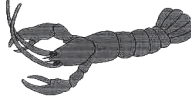
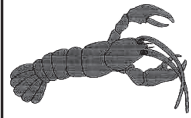
Deep Fried Cape Bay Scallops w/ Tartar Sauce

Grilled Fresh Vegetables & Boiled Red Bliss Potatoes

Bread & Rolls

Coffee, Tea, Milk

Strawberry Festival Desserts



Reservations only (860) 249-3634  
(you need to order lobster in advance)



## Military Matters

# Air Force releases combat action medal criteria

STAFF SGT. J.G. BUZANOWSKI  
AIR FORCE PRINT NEWS

Air Force officials at the Air Force Personnel Center have released criteria for award of the new combat action medal, an award for Airmen who have been involved in direct fighting situations where they risked their lives in an enemy engagement.

Air Force Chief of Staff Gen. T. Michael Moseley authorized the medal's creation March 15. Any Airman who believes he or she may be eligible can now submit an award package for consideration. The first approval of the Air Force Combat Action Medal is expected within the next few weeks, according to John Balducci, the chief of Air Force recognition programs.

Airmen are eligible for the combat action medal "if their primary role includes performing duties in a combat zone, either on the ground or from the air, by entering into an unsecured area away from an established installation," Balducci said. "While performing their duties, they must have come under fire or fire upon an enemy to qualify."

A combat zone is defined as a geographic area for which an Airman receives imminent danger/hostile fire pay.

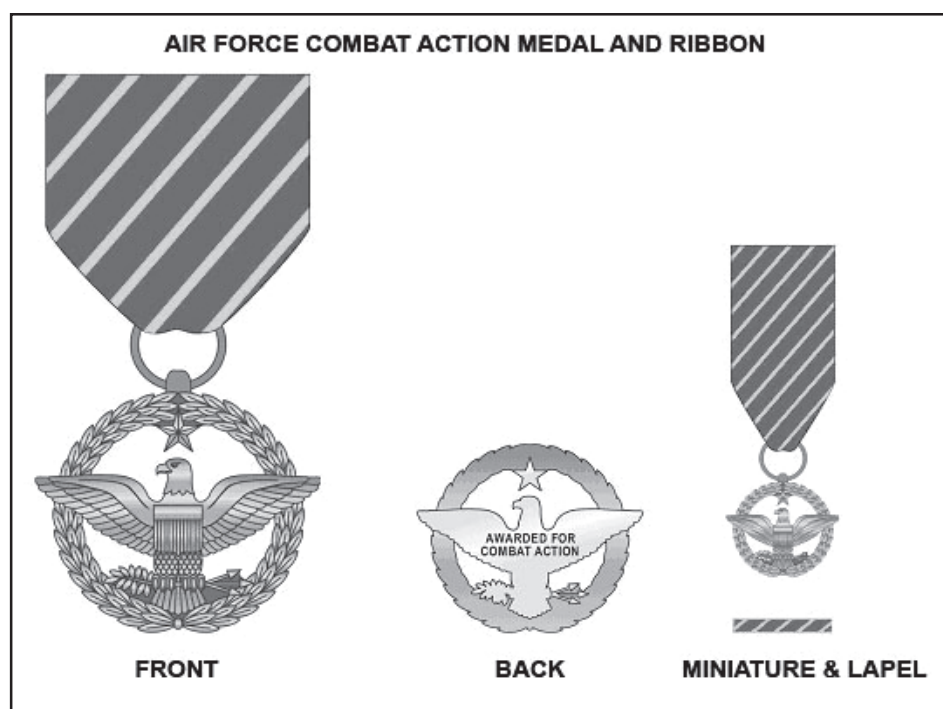
In addition, while encampments, compounds and protected areas aren't normally qualifying locations for the AFCAM, Airmen augmenting a defensive fighting position could be eligible should they meet the award criteria, Balducci said.

Aircrew members must be flying in direct support of a combat zone and in combat. They also must be performing official duties and not manifested as a passenger. While performing close air support, taking fire from an enemy is not a prerequisite as long as the Airman is at "great risk," Balducci said.

"For Airmen still on active duty who believe they may be eligible for the medal, their submission must include a narrative explanation of circumstances on an Air Force Form 3994 describing the event, to include date, time, location and incident details, as well as witness statements," Balducci said. "That package should be submitted to the first O-6 (colonel) in their operational chain of command, who will submit it to the commander of Air Force forces."

Award eligibility is retroactive to Sept. 11, 2001, through a date to be determined and is available across the total force. Personnel no longer on active duty can submit packages to the Board for Correction of Military Records. This will apply to posthumous awards as well, he said.

The medal does come with some restrictions. For example, only one can be awarded during a qualifying period, and for now, operations Enduring Freedom and Iraqi Freedom count as one eligible time frame. In addition, there are no promotion points for the AFCAM. However, events that



garner the combat action medal also can be referenced for other decorations, Balducci said.

The AFCAM is worn between the Air Force Achievement Medal and the Air Force Presidential Unit Citation.

The medal is designed to evoke Air Force heritage, scarlet with diagonal yellow stripes - adapted from the art insignia on the aircraft of Gen. Billy Mitchell, who coordinated the first air-to-ground

offensive in history. Further, the AFCAM features an eagle grasping arrows in one talon and an olive branch in the other, with the eagle facing the arrows, reflecting preparedness for war, while the olive branch represents a goal of peace, according to official Air Force wear guidance.

For more information, Airmen should contact their local military personnel flight or the Air Force Contact Center at DSN 665-5000 or (800) 616-3775.

The 102d Army Band of the Connecticut National Guard would like to invite all military personnel and their families and friends to one of our concerts. We play a variety of music from Big Band tunes, to Military Marches, to Concert Band Ensemble pieces. We're free and open to the public and each performance is unique!

### 102<sup>nd</sup> ARMY BAND CONCERT SCHEDULE May - August 2007

May 27 (Sun) 2:00 PM Bantam, CT  
@ Memorial Day Parade  
Jun 10 (Sun) 3:00 PM Meriden, CT  
@ American Legion  
Jun 24 (Sun) 2:00 PM Enfield, CT  
@ Elks Lodge 2222  
Jul 31 (Tue) 6:30 PM Winsted, CT  
@ East End Park - Band Stand  
Aug 1 (Wed) 7:00 PM Manchester, CT  
@ Bicentennial Band Shell at MCC  
Aug 2 (Thur) 7:00 PM Naugatuck, CT  
@ Town Green  
Aug 3 (Fri) 12:00 Noon Hartford, CT  
@ The Old State House  
Aug 6 (Mon) 7:00 PM New Britain, CT  
@ Walnut Hill Park - Band Shell  
Aug 7 (Tue) 8:00 PM Westport, CT  
@ Levitt Pavilion  
Aug 8 (Wed) 7:00 PM Meriden, CT  
@ Hubbard Park  
Aug 9 (Thur) 1:30 PM Rocky Hill, CT  
@ State Veteran's Home



## Degree Plans

Effective Immediately (Summer session FY07 forward) Soldiers applying for Tuition Assistance need to submit a degree plan before receiving T. A. This is Per Army Regulation 621-5. If you have any questions call CPT Lingenfelter or MSG Allsop 860-524-4816/4820.





CHIEF MASTER SGT.  
ROBERT HALL

## Enlisted Update

### Mentoring

Mentoring is a word that most everyone has heard before but may not fully understand its meaning.

Throughout an individual's life there has been at least one person who they can say has played a significant role in how turned out, good or bad.

If you take a few minutes and reflect upon your life I'm sure that you can identify someone who you thought was the greatest thing since sliced bread. Someone who you wanted to be like. It may have been a parent, a teacher, a peer in your occupation or maybe a boss somewhere along the line.

What made that person stand out? What is it about that person that you want to do in the same fashion?

It is amazing to realize how much of an impact someone can have on your life. It is just as amazing of how much of an impact you can have on someone else's life.

Throughout your military career you will have several Commanders, a few NCOIC's, and maybe a couple of different OIC's. Odds are that one of those people will be someone you will want to emulate.

It might be their personality, or it might be their logic, but there will be something that you will want to do just like that person.

That being said, think about this. Are you that someone to your subordinates? Do they want to be more like you? Should they?

One of your goals if you are in a position of leadership is to ensure that you are respected and looked upon as a role model. Not just knowing what the Core values are but living and breathing them.

As a leader you are the teacher, you are the person who is developing your replacement when it is time for you to move up.

For some people it is difficult to delegate. They figure that they can only be certain the job will get done right is if they do it themselves. However, the reality is that by not letting those individuals who should be responsible for whatever the task you have done two things.

First, you have made your job more difficult and secondly you have demonstrated that you don't have the confidence or trust in those people who are or should be responsible.

In conclusion, Mentoring is everything we mentioned above. It is being the teacher, the parent, the friend. It is being whatever is necessary to develop your Airmen so they will follow and then they will lead.

## Commentary

### *A mother's thoughts on a son's return*

Dear Friends and Family,

Kenny (Saavedra Jr., 102nd Infantry) got back to the United States last night!!!

Yes, he is currently at Fort Bragg in Fayetteville, North Carolina and will be in Connecticut next Tuesday. Although I still won't see him until May 16th, I am just ecstatic that he is back on good old U.S. soil!

Kenny served our country with great enthusiasm and pride. However you may feel about the war, our Soldiers are to still to be respected for their great courage.



Given a choice to be there or back home, of course, he would have chosen the comforts and freedoms we oftentimes take for granted, and surely enjoy. But after 9/11, Kenny knew that this country was extremely vulnerable and he wanted to do his part to help make it safer for each of us. I am incredibly proud of this wonderful young man, my son. But I am even more proud of his strong commitment to God. Above all else, he loves God and has faithfully served him for years (as well as my daughter and her family). Who could ask for more than that?

I want to thank each and every one of you for all the support you have given he and I during this past year. And our prayers were not in vain! Praise God!

My daughter called me at work about an hour before I was to leave, as soon as she got his call. I don't know how I managed to

finish off the rest of my day, but all I can tell you is that the instant I sat in my van, I just broke down crying tears of joy and giving praise and thanksgiving to God for His infinite mercy.

Appropriately, when I got to my van, someone had left a note on the window. This is what it said. "Thank you for your service, and God Bless You! - from a PROUD Mom of Two Marines." I am sure that was because I have a bumper sticker that says My Son is in the Army, Serving Our Country.

All the way home, I just cried and thanked God, knowing that many more young men and women also came home on this day, except some of them came home in flag-draped coffins. I prayed for their families and loved ones. I prayed for the woman who left me that note, knowing what she is feeling. Knowing what I have felt for this past year.

Please continue to hold our troops in prayer and please continue to support them and their families in any way you can. Unless you are in this same situation, you could not begin to imagine how much it is needed.

Some of you getting this email have children serving in the military as well. Please know that my spirit continues to stand right along with yours in prayer and faith that your children will also make it home safely. My entire family (extended family as well), has made this commitment - to continue to support our troops and their families in any way possible, until this horrific war is over.

And so once more, I have a heart full of thanksgiving and humble gratitude to all of you for being so special to me and to Kenny. May God also bless you mightily on this day!

Love,

Eve (Evelyn A. Figueroa)

## GRAP for Retirees !!

GRAP is not just for current members of the National Guard anymore! If you are a military retiree, you too can earn \$2000 for each new recruit who enlists and reports to Basic Training.

Go online and sign up today!  
[www.GuardRecruitingAssistant.com](http://www.GuardRecruitingAssistant.com)

**NATIONAL GUARD**   
RECRUITING ASSISTANCE PROGRAM

#### Send Letters to the Editor to:

Editor, Connecticut Guardian, National Guard Armory  
360 Broad Street  
Hartford, CT 06105-3795

or by email to: [ctguardian@us.army.mil](mailto:ctguardian@us.army.mil)

All letters must be signed and include a phone number for verification.  
Letters may be edited for grammar, spelling and space, but not for content.





## Homefront

### In defense of Connecticut's children *Over-the-counter drugs: The growing new trend*

Prescription and over-the-counter (OTC) medications are fast becoming the new party drugs for many teenagers. The new trend among youth is known as pharming - that is, kids' using prescription and OTC drugs for recreational use. Parents must put this on their radar screens - **one in five** teens have used powerful narcotic pain relievers for non-medical reasons. Many parents are not aware that their own medicine cabinets are potential sources of these drugs for teenage abuse. Young people also purchase these drugs on-line.

We're NOT talking about kids mistakenly taking the wrong dose of legal medicines or taking a stronger-than-necessary medicine for an ailment. We are talking about **drug abuse** - kids using prescription and OTC drugs on purpose in order to get high. This practice is life-threatening and a kid can die doing it for the first time.

Tips for Communicating With Your Teen:

- Set An Example-Use drugs as the doctor intended. Don't medicate today's headache or sore muscles with a prescription drug medication your doctor gave you after last year's surgery. Use OTC medicines according to packaged instructions or your doctor's recommendations.

- Connect With Your Kids-Stay involved with your kids' lives as they go through middle school and into high school. Use part of

your daily conversation to talk honestly about prescription and OTC drug abuse. Listen to your children's questions and comments about their drug topics of concern.

- Stop the Myth-Getting high with prescription and OTC medication is not safer than getting high with illicit street drugs.

- Take Action-Inventory your medicine cabinets, kitchen cabinets, bureau tops or anywhere you may store medicines. If necessary, monitor the pill quantities and medicine levels in your prescription and OTC drug containers. If drugs in your house are left over from a previous condition, dispose of them as soon as possible in a safe and effective way.

You do have the power to influence your child's decision about whether or not to use prescription and OTC drugs for recreation.

It's up to you to educate yourself about the real dangers of prescription and OTC drug abuse and to discuss these risks with your teen. Research shows that kids who learn about drug risks from their parents are half as likely to use drugs as kids who haven't had that conversation with Mom and Dad.

(Data was obtained from the following agencies: Partnership for a Drug-Free America, Substance Abuse and Mental Health Services, National Institute on Drug Abuse)

### Motorcycle safety courses free for Connecticut Guard members

Once again the 103rd Fighter Wing is hosting the Motorcycle Riders Course at Bradley ANG Base. There are three variations of the course available: the Basic Rider Course, the Interim and the Experienced Course. The Basic Rider Course is targeted at the beginner rider and addresses subjects that are important for the experienced rider as well. These classes are taught utilizing the National Motorcycle Safety Foundation Curriculum and certified instructors.

The courses are taught free of charge for members of the CT National Guard. The Safe Rider Course is a mandatory requirement for AGRS regardless of their duty status if the individual rides a motorcycle. Additionally the course is mandatory for any National Guard member who wishes to ride a motorcycle on any DOD installation.

Classes are taught spring, summer and fall on non-drill weekends, motorcycles and helmets are provided free of charge in the beginner riding course, but you must

register in advance. To qualify for the course you must possess a valid drivers license, be a Connecticut National Guard member in good standing, you must have obtained permission form your commander.

If you are registering for the Intermediate or experienced rider course your license must already carry the motorcycle endorsement. Each year we are authorized a total of 48 training slots and they are released on a first come first serve basis.

When submitting your application package, be sure that you have followed the instructions and that you have included the



commander's authorization statement.

For additional information contact the 103rd Fighter Wing Base Safety Office at 860-292-2777 or email Chief Master Sgt. Chris Johnstone, 103rd Fighter Wing Ground/Weapons Safety Manager at christopher.johnstone@ctbrad.ang.af.mil.

### Imminent danger, hardship pay changes announced

U.S. DEPARTMENT OF DEFENSE  
OFFICE OF THE ASSISTANT SECRETARY OF DEFENSE  
(PUBLIC AFFAIRS)

Periodically, the Department of Defense conducts world-wide reviews to determine whether a continued imminent danger area designation is appropriate. Imminent danger pay is compensation paid at the rate of \$225 a month to recognize duty in a foreign area in which the member was subject to the threat of physical harm or imminent danger on the basis of civil insurrection, civil war, terrorism, or wartime conditions.

The Department of Defense announced today that the following locations will no longer be classified imminent danger pay zones:

Angola, Georgia, Sierra Leone, Bosnia-Herzegovina, Croatia, and Macedonia.

Hardship duty-location is compensation paid to recognize members in designated hardship duty locations (i.e. areas where quality of life is substantially below that most members in the U.S. generally experience). Factors considered include physical environment, living conditions, and personal security.

To ensure members in these areas are compensated appropriately, increases to hardship duty-location (HDP-L) will occur in the following areas:

Angola, Georgia, and Sierra Leone are increased from \$100 to \$150 a month.

Macedonia is increased from \$0 to \$100 a month.

All of the above changes are effective Nov. 1, 2007.



**Blood Pressure Awareness**  
Get Cuffed! KNOW YOUR NUMBERS!

**Blood Pressure** (mm HG)

|                                 |                                 |
|---------------------------------|---------------------------------|
| <b>High Blood Pressure</b>      | <b>Systolic - 140 or higher</b> |
| <b>Diastolic - 90 or higher</b> |                                 |
| <b>Pre-hypertension</b>         | <b>130 - 139</b>                |
| <b>Normal</b>                   | <b>80 - 89</b>                  |
| <b>Systolic - less than 120</b> |                                 |
| <b>Diastolic - less than 80</b> |                                 |

High blood pressure... It's a "silent killer."  
But a simple, quick, painless test can detect it.  
Launch your mission today at [www.decadeofhealth.com](http://www.decadeofhealth.com)

## GRAP for Retirees !!

GRAP is not just for current members of the National Guard anymore! If you are a military retiree, you too can earn \$2000 for each new recruit who enlists and reports to Basic Training.

Go online and sign up today!  
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**NATIONAL GUARD**  
RECRUITING ASSISTANCE PROGRAM



# Veterans' Assistance

## Veterans Service Organizations have a lot to offer vets, families

DANIEL J. McHALE  
STATE BENEFITS ADVISORS-CT

### AMVETS- Serving With Pride

As one of America's foremost veterans' service organizations, AMVETS (or American Veterans) has a proud history of assisting veterans and sponsoring numerous programs that serve our country and its citizens.

The helping hand that AMVETS extends to veterans and their families takes many forms. One of the most visible is our network of trained national service officers (NSOs) accredited by the Department of Veterans Affairs.

Funded by the AMVETS National Service Foundation, these dedicated men and women can be found in close to 40 states, providing sound advice and prompt action on compensation claims at no charge to the veteran.

In one recent year alone, AMVETS national service officers processed more than 24,000 claims that resulted in veterans receiving some \$400 million in compensation.

his commitment to service traces its roots back to 1948, when our NSOs first began helping veterans of World War II to obtain the benefits promised them by the federal government.

Coincidentally, it was these returning veterans who provided the impetus for forming AMVETS in the first place.

At the time, many of them belonged to veterans clubs on college campuses. As the number of returnees swelled into the millions, it was evident that some sort of nationally organized assistance for them would be needed. The older established national groups wouldn't do; the leaders of this new generation of veterans wanted their own organization.

With that in mind, eighteen of them, representing nine veterans clubs, met in Kansas City, Mo., and founded The American Veterans of World War II on Dec. 10, 1944. Less than three years later, on July 23, 1947, President Harry S. Truman signed Public Law 216, making AMVETS the first World War II organization to be chartered by Congress. Since then, the original charter has been amended several times to admit as members those who served in different eras.

Today, membership in AMVETS is open to anyone who is currently serving, or who has honorably served, in the U.S. Armed Forces from World War II to the present, to include the National Guard and Reserves. As a volunteer-led organization, we annually elect and/or appoint officers at the national, district, department and post levels.

Each August, representatives from these levels attend the AMVETS national convention to make decisions on issues affecting veterans and the organization.

Over the years, AMVETS has been in the

forefront of public-policy related to national defense, services for homeless veterans, adequate funding for the Department of Veterans Affairs, concurrent receipt of retirement pay and disability compensation by disabled military retirees, veterans employment and training, POW/MIA accountability and flag protection. In addition to the work of our national service officers, other AMVETS members, as well as those in the AMVETS Ladies Auxiliary, will devote as many as 250,000 hours of free time a year to brighten the lives of hospitalized veterans.

Here, something as simple as playing cards with the lonely or watching television with the disabled can make a world of difference.

So can the assistance we give those who want to finish their education. Each year AMVETS awards scholarships totaling \$40,000 to deserving high school seniors, ROTC students and veterans pursuing higher education.

But helping others is not limited to our fellow veterans. AMVETS members in more than 1,400 posts nationwide also promote and support "quality of life" community-service programs ranging from Special Olympics and ROTC to scouting and organ-donor projects. Apart from these initiatives, the organization has thrown its monetary support behind work on such national monuments as the USS Arizona, the Statue of Liberty and the Vietnam Veterans Memorial.

It also sponsors its own carillon program to honor America's deceased servicemen and women. Since 1949, when President Truman dedicated the first carillon at Arlington National Cemetery, this program has grown to encompass more than 60 sites in the United States and overseas. Another tribute unique to AMVETS is the Silver Helmet Award, often referred to as the Veterans Oscar.

A replica of the World War II GI helmet, this prestigious award is presented annually to recognize excellence and achievement in Americanism, defense, rehabilitation, congressional service and other fields. As the organization moves further into the 21st century, it does so with the conviction that its focus on preserving freedom, supporting America's defenders and serving her communities remains a clear blueprint for continued service to God and country.

### AMVETS National Headquarters

AMVETS National Headquarters is located in Lanham, Md., a suburb of Washington, D.C. AMVETS' operations worldwide are administered through the Office of the National Commander and six departments: administrative, finance, human resources, legislative, membership, programs, communications and service.

The bulk of the organization's work with veterans and communities is focused in three of these—legislative, programs and service. We also have our posts and departments

organized by state with websites and e-mail addresses listed for those that have them. Finally, listed below are our affiliate organizations. Not all of them have websites, but those that do, we invite you to visit.

### AMVETS National Service Foundation

The National Service Foundation (oftentimes referred to as simply "the Foundation") is the fund-raising arm of AMVETS. A corporate subsidiary of the parent organization, it funds a variety of programs benefiting America's veterans and their communities. Among them is the National Service Officer Program, the Memorial Carillon Program, the Americanism Program, AMVETS scholarships, youth programs and hospital projects.

### AMVETS Ladies Auxiliary

The Ladies Auxiliary is a subordinate national organization of AMVETS whose members (female veterans or relatives of AMVETS) provide a range of services and support to veterans, communities and other nonprofit organizations such as Paws With a Cause, the John Tracy Clinic and Freedoms Foundation.

### Sons of AMVETS

The Sons of AMVETS, as its name implies, is a nationwide organization comprised of the sons of American veterans who are members of AMVETS. The Sons play an active role in promoting AMVETS' legislative agenda, providing services to hospitalized veterans and supporting charitable initiatives.

### Junior AMVETS

Junior AMVETS are the sons and daughters (under age 18) of AMVETS members. As a nationwide organization, "the Juniors" (as they are sometimes called) undertake projects—such as visiting a homeless shelter—that benefit veterans and communities alike.

### Sad Sacks

A fun-making and honor organization comprised of AMVETS members, the Sad Sacks (who derive their name from the famous cartoon character of World War II) provide, as their chief community service project, scholarships for nurses.

### Sackettes

The Ladies Auxiliary counterpart to the Sad Sacks, the Sackettes also raise funds for nurses' scholarships. Eligibility & Dues To be eligible for membership in AMVETS, you must have served in the U.S. Armed Forces, including the National Guard and Reserves, anytime after Sept. 15, 1940.

Additionally, unless still serving, your discharge must have been under honorable conditions. If you served as an American citizen in the armed forces of an allied nation, under honorable conditions, between Sept.

15, 1940 and May 8, 1975, you are also eligible, as are wartime members of the Merchant Marine. Proof of eligibility can take the form of a DD-214, an honorable discharge certificate or other appropriate document such as a NGB form 22.

What makes this organization different? This is key to this particular organization and sets it apart from the American Legion and the VFW. You don't need a DD-214 to be a member.

This organization fill the gap and allows National Guard Soldiers and Reservists that didn't see any active duty time either in a foreign War or in peace time. As a rule of thumb, annual dues are \$20, but this amount may vary from state to state or post to post. Life member dues are a minimum of \$150. These dues fund, in part, the programs, services and representation AMVETS provides.

All VSO's and Service Organizations are worthwhile and very important the Country and Military community and each has it's role to play. So make an informed decision and join one or more of these outstanding organizations and participate in their programs, it will benefit all involved.

### The Commander's Welcome

For more than 60 years, we in AMVETS have taken to heart the credo of service set forth by our organization's founding fathers. In so doing, we endeavor to provide our fellow veterans with the type of support they truly deserve. This outreach effort takes many forms, from the professional advice our service officers offer on earned veterans benefits to our legislative efforts on Capitol Hill to the work done by our hospital volunteers.

Other AMVETS members involve themselves in a range of initiatives aimed at contributing to the quality of life in their local communities.

These two areas—veterans service and community service—drive the commitment we have to make a difference in the lives of others. The pages of this website provide more detailed information on each area, as well as a wealth of information for veterans, their families and other interested citizens.

Please take a few minutes to review what makes AMVETS the distinctive organization it is.

Our aim of building for a better America is an undertaking to which all can contribute. I invite you to join us.

Tom McGriff National Commander





# Guarding Your Rights

## Legal Affairs: Servicemembers Group Life Insurance

CAPT. ROBERT E. HENRY  
JFHQ-CT JAG

Servicemembers Group Life Insurance, (SGLI), is a term life insurance policy provided to uniform military personnel at a rate subsidized by the United States Government. Term policies cover the insured for a set period of time or "term." The policy is paid only if the insured dies during the term of coverage.

SGLI incorporates a number of features that are unique among term life insurance policies. SGLI is payable due to a combat related death or suicide. Premiums do not increase as the servicemember ages. SGLI proceeds are not divisible by state courts in divorce or creditor proceedings. SGLI proceeds are not assignable. SGLI disbursements are not liable to levy, seizure or attachment. The Accelerated Benefits Option allows SGLI proceeds to be paid prior to the servicemembers death.

Service members are automatically covered by SGLI on the day they join the military and are assigned to a unit. Coverage continues for 120 days after the end of military service. SGLI is automatically terminated upon sentence of more than 31 days by a civilian court or upon sentence of more than 31 days and total forfeiture of pay and allowances by court martial.

In December, 2005 Traumatic SGLI, (TSGLI) was established. This provision provides payments for expenses incurred by service members recuperating from line of duty related injuries. In the event of incompetence due to the injury proceeds are paid to a recognized guardian or attorney in fact. Service members are eligible for each qualifying traumatic injury that they suffer. If a service member dies prior to the full payment of TSGLI benefits, the

remainder will be paid to the beneficiaries designated under SGLI.

Service members should carefully consider their beneficiary designations. SGLI is intended to provide financial support to surviving family members. In the event that the service member makes an "unusual designation," defined as an unrelated person or organization, the service member must be counseled regarding the impact of such a designation.

Service members need to understand that courts strictly interpret the service members' designations. SGLI is a contract that occurs outside the jurisdiction of probate proceedings. The designations made on SGLI Form 8286 will not be changed by a will, divorce decree or other legal action. Army regulations specifically prohibit Soldiers from designating beneficiaries by will or intestate succession.

Naming beneficiaries by name is the best approach. In cases where a non-adopting stepparent or non-adopted stepchild is named as a beneficiary as parent or child such designation is not recognized by SGLI as a matter of law. To avoid exclusion step-relations should be specifically named as beneficiaries. SGLI caselaw also excludes illegitimate children from the class of children. In such cases the child should be named specifically. Specific beneficiaries should also be named in cases where at least one divorced parent has remarried. Service members should review their designations regularly to insure that the names and addresses are current.

Designating a minor child as a beneficiary is the most problematic issue in SGLI elections. SGLI will not pay proceeds to a minor child named as an outright beneficiary. SGLI will pay the proceeds to a trust,

custodianship or the legally recognized guardian of a minor child.

A trust can be created through a will or outside of a will. To be effective for SGLI purposes the will created trust, commonly called a testamentary trust, must exist prior to the SGLI designations. SGLI Form 8286 must specifically name the trust as the beneficiary for the minor child. The will that creates the testamentary trust must mirror this language.

A testamentary trust is advantageous when the service member wishes to specify the purposes for which SGLI proceeds may be used. The requirements of a surety bond for the trustee may be waived. Because the trust is created through a will, the disbursement of funds will be delayed while the will is probated. In the event the will is contested the trust proceeds may be reduced by additional legal and court fees. Once the will is probated there is limited oversight of the trustee.

A trust established outside of a will has the same SGLI requirements as a testamentary trust. While the creation of the trust may be expensive to set up, once created there is limited court oversight and legal fees.

A custodianship may be created under either the Uniform Gift to Minors Act, (UGMA), or the Uniform Transfer to Minors Act, (UTMA). The service member must show written acceptance of the position from the custodian, either an individual or financial institution, before appointment through SGLI Form 8286. The naming of the custodian in Form 8286 should specify it is done pursuant to the UGMA/UTMA. UGMA and UTMA vary by state but in all cases require a connection between the servicemember,

beneficiary, custodian and state. UGMA/UTMA allows the custodian to use, in the custodian's judgment, the SGLI proceeds for the benefit of the child. Appointment of a UGMA/UTMA custodian avoids the posting of a bond or court oversight.

The service member can elect either a lump sum distribution or 36 equal monthly installments. If the 36 month option is chosen it cannot be changed. A lump sum election can be subsequently changed. If the service member does not choose an option the beneficiary may elect either option.

Designations can fail for various reasons. In the event of a designation failure SGLI proceeds are paid in the following order: surviving spouse, children, parents, executor or administrator of the estate, next of kin, and lastly, in accordance with the laws of the domicile state.

In order to collect beneficiaries must file a claim for payment, SGLI Form 8283, within one year of the service member's death. Failure to file within a year will result in the distribution as if the beneficiary had predeceased the service member. If all eligible beneficiaries fail to claim proceeds will be paid to any person equitably entitled to payment in the determination of SGLI.

It is strongly recommended that service members discuss the foregoing with a Judge Advocate legal assistance attorney during Soldier Readiness Program processing. As in other areas of military service, prior preparation goes a long way toward mission success at critical times.



## Why Diversity

### Connecticut Guardsman named IMAGE recipient

CAPT. AMY FLYNN  
STATE EQUAL EMPLOYMENT MANAGER

Sgt. 1st Class (Ret.) Julio Diaz has been awarded the 2007 National IMAGE, Inc. Meritorious Service Award. Diaz received the prestigious award at the 19th Annual Salute to Hispanics Military Awards Banquet held in Reno, Nevada, on April 19. The awards banquet was held in conjunction with the 35th Annual National IMAGE Training Conference and

Exposition, hosted by IMAGE, Inc.

The mission of IMAGE, Inc. is to enhance the employment, education and civil rights of Hispanic Americans. Diaz was presented the award by Mr. Clarence A. Johnson, Principal Director, Office of the Deputy Under Secretary of Defense for Equal Opportunity.

Diaz received the award in recognition of his unyielding dedication in promoting the civil rights of Hispanics. In 2006, Diaz joined forces with former Connecticut Army National Guard member, Sgt. Luis Vera, to form a group whose mission would be to assist Connecticut Veterans.

Together they quickly identified a need to provide bilingual (English/Spanish) services to Veterans unable to effectively communicate and obtain much needed services for themselves or immediate family members. Diaz was repeatedly discouraged

to hear stories of Hispanic Veterans who had been unable to acquire services due to existing language barriers. A core group of three individuals, to include Diaz, were appointed the responsibility to serve as president, secretary, and treasurer of a loosely formed organization.

During just a few short months, this newly formed group was established as Hispanic-Veterans of Connecticut, Inc. Diaz has worked tirelessly, capitalizing on the leadership skills acquired during 24 years of military service, to form the organization's executive board, establish a website and partner with Hispanic members of various state and federal agencies, growing the core organization to exceed thirty members.

He has personally advocated for the passing of a state bill entitled, An Act Concerning A Hispanic Affairs Advocate

Within the Department of Veterans' Affairs. The bill was accepted and is currently in draft status. Most recently, the organization was granted a permanent office in the Veterans' Affairs Healthcare Facility in Rocky Hill, Connecticut.

Diaz has dedicated countless hours of personal time to ensure the success of the organization. He continues to take every opportunity to discuss the venture and future plans for the organization with Hispanic Veterans. Although a solid foundation has been built in a short period of time, Diaz is currently working on reaching the next milestone.

*(Editor's Note: The bill mentioned in this article has since been passed by the State House of Representatives and has been sent to the State Senate for action.)*



## Inside OCS



### HELP WANTED



The 1st OCS BN, 169th Leadership Regiment is looking to fill the following vacancies for:  
OCS Phase I  
Annual Training  
at Camp Rell  
14-28 July 2007.

#### AVAILABLE ADSW VACANCIES:

TAC's  
INSTRUCTORS  
SUPPLY SPECIALISTS  
COOKS  
KP PERSONNEL  
DRIVERS  
ADMINISTRATIVE SPECIALISTS  
MEDICS

There are several available positions in each field.  
If you are interested in filling any of the above vacancies please contact:

CPT Shaun O'Dea  
1/169th Regiment (OCS)  
(860) 691-4236  
shaun.odea@us.army.mil

Do you have what it takes  
to push your career to the next level?



1st Battalion (OCS), 169th Regiment  
(LDR)

#### Officer Candidate School Information Briefs:

DATES  
18 NOV 06  
16 DEC 06  
27 JAN 07  
24 FEB 07  
17 MAR 07  
28 APR 07

Bring a Friend, Spouse or Significant Other.  
Information Brief will be in Building 402,  
Leadership Hall, beginning at 1000 hours

For more information contact  
CPT Shaun O'Dea or 1LT David Lord  
(860) 691-4216  
OCSCT@ct.ngb.army.mil

## Inside WOCS

### Why I decided to become a Warrant Officer

WOC KARLENE FALK  
BROWN CLASS 07-001 WOCS CT-RTI

*(Editor's Note: The Warrant Officer Candidate School students have asked to have a column in the Guardian, written by the candidates themselves. This is the first in their series.)*

I decided to become a Warrant Officer for many different reasons, but if I had to pick one it would have to be the ability to mentor Soldiers. Most of us remember that one person throughout our career that really helped us, that gave us exactly what we needed when we needed it; well I want to be that one person. I know I can't discuss all of the reasons of why I chose to go through Warrant Officer Candidate School, but here are a few.

I want to be a Warrant Officer because it is a challenging and rewarding opportunity where I believe I can excel and make a difference in today's Army. I believe that one of my greatest attributes is not only being a leader, but also being a mentor. I know that I have the physical and mental endurance needed to become an Officer. I chose to be not only an officer, but a Warrant Officer to have more hands-on mentoring of Soldiers, young and old.

I want to make a difference in their lives by instilling our core Army Values and by motivating them to be the best that they

can be. I want to bring my experiences and technical expertise to the Connecticut Army National Guard. I want to show these impressionable Soldiers that there is so much more to what they see at a weekend drill.

When they deploy, whether it be to a combat zone or to aid in relief for natural disasters, I want them to be prepared for what they are about to experience. As a Warrant Officer I will be a technical expert who advises those in my chain of command on new and old Army systems and equipment.

I believe that most of my responsibilities as an Officer can be accomplished by leading by example. It is important that a Warrant Officer is always in compliance with policy and regulations to help accomplish the responsibilities that will be inherited once appointed.

Now that Connecticut has its own WOCS, it makes even more sense to want to attend the program. I just started the second Warrant Officer Candidate School that is now being held in state and I find it to be quite...demanding; yet rewarding!

The cadre and instructors want to see their candidates excel and that is why they expect so much from us. They are the Subject Matter Experts and that is how it should be taught.

After deploying in support of OIF, I can

understand why the training is so demanding. It is crucial that we train as we fight and that is exactly how it is conducted at Warrant Officer Candidate School. You train to standard, not to time and that is extremely important.

Warrant Officers are now taking on responsibilities that Commissioned Officers have. I also appreciate the fact that I don't have to leave my family again to attend WOCS at FT Rucker, Alabama. It is important that we understand that the expectations and responsibilities of Warrant Officers have greatly increased since 9 July 1918, which is the official birthday of the Warrant Officer Corps.

As much as I respect the Noncommissioned Officer Corps, I know that I chose the right path. If you have any of the attributes that were mentioned you might want to truly consider researching the Warrant Officer Corps and the programs that are offered. It takes true mentors and leaders to ensure that their troops are trained to the greatest of their ability. The responsibility that is bestowed upon you is a fulfilling and gratifying one.

I highly suggest that if you are even the slightest bit curious or interested in becoming a Warrant Officer that you utilize your chain of command and make contact with WO1 Voity.



Visit the  
**Connecticut  
Guardian**

online at

[www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)





# Health & Fitness

## Medical Notes

COL. ROBERT CODY  
DEPUTY COMMANDER, CTARNG MEDICAL DETACHMENT

One of the key components to good health is maintaining a healthy weight. Weigh to Stay is the real time Army Gold Standard weight management program, comprised of Registered Dietitians, Behavior Change Experts, Fitness Instructors and Diet Technicians, available on AKO for all AD, USAR, USNG, DOD civilian, Non Active Duty beneficiaries and retirees who have an AKO account or guest account.

The Weigh to Stay program includes four on line classes covering nutrition basics and myths, supplement use, menu planning, behavior modification, and importance of exercise. The program is designed to provide Soldiers with the tools they need to learn and establish healthy eating and exercise habits. It is available to all Soldiers, active duty and reserve, regardless of duty station, in order to

receive the same high quality nutrition education, therapy, and follow-up.

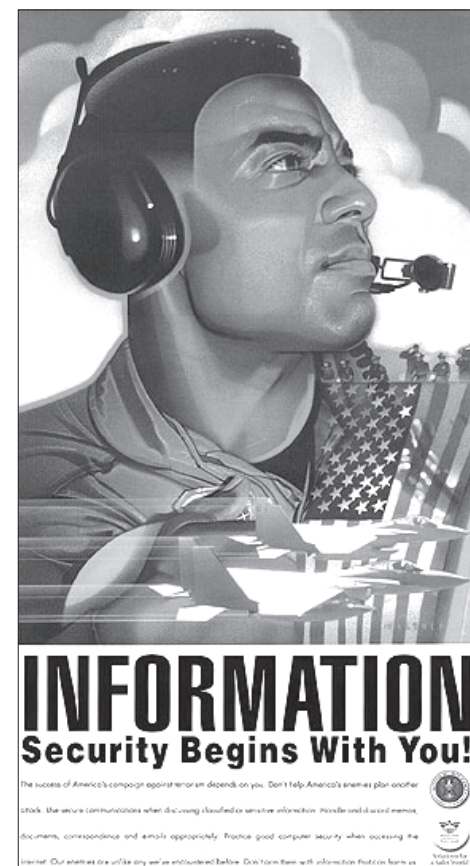
The site has been hugely successful," said Lt. Col. Danny Jaghab, site creator and nutrition staff officer for the Directorate of Health Promotion and Wellness, U.S. Center for Health Promotion and Preventive Medicine at Aberdeen Proving Ground, Md. "We recently had 23,000 hits, the most any medical page has received on (Army Knowledge Online) other than the 'myMedical' page." Participants can interact with other students and the instructor, as well as view slides and a participant list.

The site also includes links to health and weight loss information and special features. In a recent section, dietetic interns reviewed nine popular weight loss books, scoring them for such areas as hunger satisfaction, healthiness and effectiveness.

The site's success has prompted Army officials to extend the online program to active-duty Soldiers, family members and retirees.

This program has been most successful in effecting a positive behavior change that has contributed to lasting weight loss, and improved health and performance.

To register for this program, visit the AKO Weigh to Stay Community page at <https://www.us.army.mil/suite/portal/index.jsp>. Another good resource is the HOOAH 4 Health website at <http://www.hooah4health.com/body/fitguard/weightostay.htm>.



## Substance abuse prevention: *Look before you leap into drugs*

CW4 TONY UVA  
SUBSTANCE ABUSE PREVENTION EDUCATION OFFICER

Unfortunately, many young adults just don't want to hear about drug use. They may be overwhelmed by the amount of information, they may feel the information is repetitive, or they may be tired of hearing "drugs are bad" without a detailed explanation of why. It is our duty as leaders to effectively teach our soldiers about the risks and consequences of drug use. Our junior personnel must develop a genuine interest in learning more about the devastating effects drugs can inflict upon their lives.

"Drugs" is a catch-all term that means different things to different people. Technically "a drug is any substance that changes the way the brain and body work". We usually differentiate between harmful drugs and helpful medicines. Sometimes we forget that legal substances, like alcohol and nicotine, are dangerous drugs.

Growing up you have probably heard many stories of how drugs affect our society. Tragic stories such as deaths resulting from driving under the influence, animals being used for drug trafficking, and even children abandoned by drug-addicted parents are more common than we would like. The costs of drug use today are reported in the media and reflected in our communities.

Many people believe that drug use is a victimless crime. They only see the impact on the actual user. Often this belief is paired

with the idea that it's unfair to punish drug users with legal consequences like jail time or fines. In reality, the negative effects of drug use go far beyond the user. Drug use affects other individuals, families, the environment, and society, through increased crime, abuse and neglect.

You might notice that there are many messages, sometimes contradictory, about substance use. Some people rationalize that drug experimentation is a normal part of growing up. In fact most people have never used drugs. People who feel that "everyone tries it" don't realize that even occasional substance abuse or experimentation can have harmful consequences. Drugs can change a person's life and destroy future opportunities.

Two illegal substances that are not heavily scrutinized are marijuana and methamphetamine, (Meth). Let's start with Marijuana, an often debated topic. Most people will agree that drugs like heroin and cocaine are dangerous and should be kept illegal. But sometimes those same people will argue that marijuana is relatively harmless and should be legalized. Their reasons are often that "marijuana is a medicine" or "it's just a plant." Young adults especially like to believe that marijuana is harmless.

The campaign to legitimize what has been termed medical marijuana is based on two sketchy propositions: that science views marijuana as medicine and that the Drug Enforcement Agency (DEA) targets sick and dying people who use the drug. Neither proposition is true. DEA agents target

criminals engaged in the cultivation and trafficking of marijuana not the sick and dying. Smoked marijuana has not withstood the rigors of science.

There is no consensus of medical evidence that smoking marijuana helps patients, and the FDA has not approved smoked marijuana for any condition or disease. This faulty logic is usually where substance abuse acceptance begins, a try it and see if you like it scenario.

It is our goal to teach our society about the way marijuana affects the brain and body, and how these effects can impact a person's ability to accomplish their mission. We prefer to say "look before you leap"

Meth, short for methamphetamine is a devastating drug that affects the user's bodies, including their skin and teeth. Meth is "cooked" from dangerous chemicals like battery acid, lye, iodine, drain cleaner and other things you'd never dream of putting in your body. It is very addictive, the initial high is intense and before users realize it, meth takes over their lives.

Meth is a great example of a drug that doesn't just hurt the user. Because it is so addictive, users often take extreme measures to get more. They "cook" it in their kitchen, exposing their children and families to the drug and its toxic ingredients, and they dump the waste from making it on the ground near their homes, contaminating nearby water sources.

Despite its addictive qualities, many people don't fully understand the dangers

of Meth use. In a 2005 Monitoring the Future Survey only 55 percent of young people stated that trying crystal meth once or twice put them at great risk.

There is also a deadly relationship between meth and HIV. Meth users engage in risky sexual behavior of which increases the transmission of diseases, including Hepatitis C. Contaminated paraphernalia is a very real problem.

It is important to understand that meth is a drug that should not be taken lightly. It is simply not worth the risk, so once again look before you leap.

You can obtain additional information from the Connecticut National Guard Web Site "www.ct.ngb.army.mil/programs.asp" that can aid you in drug abuse prevention and treatment. Substance abuse is incompatible with military service, and if you feel that you or someone has a particular problem, contact your chain of command.

**Need assistance?  
Have questions?**

**Contact the  
103rd Air Control  
Squadron's  
Family Support Program  
by visiting its Website:  
[www.103rdacs.com](http://www.103rdacs.com)**





WAYNE E. TRAVERS JR.  
CTESGR PUBLIC AFFAIRS CHAIRMAN  
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## Unit leaders can help establish good employer relationships

My office is located near an Army National Guard armory and after working late one Tuesday night, I decided to drop in for a little "hip-pocket networking." Having served for 16 years in the Army National Guard, I knew the armory would be populated with Soldiers planning for their upcoming drill weekend.

The unit leaders were surprised but seemed happy to see me. I passed out business cards and let them know Soldiers could contact me if they needed any help in employer-related issues. For Soldiers and Airmen, unit leaders can set a good example by providing guidance to subordinates. Here are some tips NCOs and officers can offer for establishing or maintaining a positive atmosphere in the workplace regarding military service:

- Talk to your boss: No matter what your military assignment or specialty, tell your

employer about it. Many people hold down military jobs that relate directly to their civilian careers. If yours is one of them, your boss would be pleased to know that you are learning and practicing military skills that can pay off on the job. You are using your spare time to participate in a second career that is of great importance to your community and the nation.

- Know the basics: Many Soldiers and Airmen do not always have a clear understanding about employment and reemployment rights for Reserve component members. Federal law guarantees the right to take time off from work to attend to your military responsibilities. The more that you, your boss, and your personnel office know about the federal laws and legal precedents that spell out Reserve reemployment rights, rules and obligations protected by the laws, the less chance there is for misunderstanding.

- Explain USERRA: The federal law provides that an employer must give a

service member time off to perform military service and reemploy you following the service with status, seniority and rate of pay as though he/she never left. The employer cannot discriminate against an employee because of your military connection. This protection applies to employees who are full-time, part-time, or probationary, so long as the employment is not brief, non-recurring, and not expected to continue for a significant period.

- Don't make your boss guess about your National Guard duties: The more you share with the boss - and the earlier you share it the better - about drill schedules, annual training plans, reemployment rights and rules, and any extra time-off requirements, the easier things will go. Remember, you must give your employer advance notice of any military service, including drills. Let your boss know as early as possible when you will be absent from work. When schedule changes occur, notify the employer as soon as you know about them. The same rules apply for Annual Training (AT). If you are going to be on an advance party, or if your AT

will exceed the traditional two weeks, make sure your employer knows about it well in advance.

- Understand scheduling rules: If you miss work while you perform military service, your employer is not obligated to reschedule you to make up the time lost. However, if employees who miss work for nonmilitary reasons are afforded opportunities to make up the time lost, you must be treated in the same manner. Further, you cannot be required to find a replacement worker for the shift(s) you will miss as a condition of being given the time off by your employer to perform military service.

Having a discussion with your employer may not always head off a conflict, but it's a good start. If you experience a work-related problem related to your military service, contact ESGR at 800-336-4590.

## History: Amphibious training at Washburn Island

COL. ROBERT CODY

The original amphibious unit in the United States Army was the 1st Infantry Division, which was consolidated in the winter of 1940-1941 at Fort Devens, Mass.

In 1941 it spent several months loading on transports and landing on beaches at Buzzard's Bay, Mass. In January 1942 it made practice landings at Virginia Beach, and sailed for the United Kingdom in July and August 1942.

The first concrete step taken by the US Army to solidify amphibious doctrine and to train amphibious supply troops was the establishment of the Amphibian Command at Camp Edwards, Mass.

On 15 June 1942, the First Amphibious Brigade and the 531st Engineer Shore Regiment were activated at Camp Edwards.

All training at Camp Edwards was conducted at Washburn Island on the shores of Vineyard Sound, approximately five miles south of the main post at Camp Edwards.

The ten week training was terminated with a three-day amphibious exercise which had been proposed by the Center and planned and executed by the division.

The exercise involved a tactical situation concerned with the assumed occupation by enemy forces of Martha's Vineyard, six miles off the coast.

The task of the division was to invade the island, drive out the enemy forces and secure the island with its airfield as a base for further

operations against enemy forces occupying nearby Nantucket Island.

The tent camp at Washburn Island was not yet completed when the first combat team arrived in July 1942, so individual shelter tents were used.

The existence of the training camp on Washburn was a closely guarded secret. Residents of nearby Falmouth referred to it as simply, "The Island."

Many aspects of the island's use were not declassified until the 1960's.

When the Amphibious Training Center got their own patch approved, the seamstresses in Falmouth who were hired to sew them on the Soldiers uniforms were not told the unit designation.

The only way on the island was a single lane causeway that was destroyed by a hurricane in the 1950's.

Today the land is a wildlife reserve, accessible only by boat. Visitors to the island can still see roads and barracks foundations that are losing out to the encroaching vegetation.

A few rusted vehicles are also slowly disintegrating into the sandy soil. After the Amphibious Training Center moved to Florida in 1943, the island was used as a convalescence area for wounded Soldiers coming from Europe to Camp Edwards.

A movie theater and sports fields were constructed for the Soldiers.



SAVE THE DATE!!!

"Tribute to the Armed Forces"

Dodd Stadium, Norwich, CT

Saturday, June 9<sup>th</sup> 2007

Service members and their families will receive  
**FREE FOOD and FREE ADMISSION** to this  
event!!

3pm ~ Picnic ~ hot dogs, hamburgers, chips, and soft drinks!

5:30pm ~ On field ceremony and dedication

6:35pm - CT Defenders (Giants) VS Binghamton Mets game  
begins

FIREWORKS immediately following the game.

Rain date: 23 June 2007

FREE Tickets to this event will be available through  
the Family Program Office at 1-800-858-2677  
beginning Thursday, April 19, 2007

\*There is no limit to the number of tickets available!



## Retirees' Voice

# Prominent Federal Legislation affecting Veterans, Retirees

COL. (RET.) DAN McHALE

(Editor's Note: This is a two-part series. Part two will appear in the June issue.)

The following is a selection of Congressional bills of interest taken from the Webb site at <http://thomas.loc.gov>.

These bills have been introduced in the 110th Congress by both Senate and the House of Representatives.

These are Federal Bills we are talking about; you can view State sponsored Bills on CT.Gov or the EANGUS Webb site.

When looking at these bills, pay particular attention to the number of co-sponsors supporting the legislation. Co-sponsorship by other legislators is critical if they are ever going to move through the legislative process to become law.

Any number of members may cosponsor a bill in the House or Senate. The more cosponsors the better chance the bill has of passage. Two Bills, H.R. 0303 and H.R. 0579 have over 100 co-sponsors.

At <http://thomas.loc.gov> you can review a copy of each bill, determine its current status, the committee it has been assigned

to, and if your legislator is a sponsor or cosponsor of it. The key to increasing co-sponsorship is letting our representatives know of veterans feelings on issues. There are hundreds of Bills sponsored but many are redundant or have almost the same wording or maybe changed just a little for "special interest groups."

I choose Bills that I felt would have the biggest impact on both Veterans and Retiree's, especially Bills addressing additional entitlements, benefits and increases in compensation.

### House Bills

**H.R.0092:** Veterans Timely Access to Health Care Act. A bill to amend title 38, United States Code, to establish standards of access (i.e. 30 days) to care for veterans seeking health care from the Department of Veterans Affairs, would allow referral to civilian care in cases where the standard is not met, would require the VA to annually report its performance in meeting those access standards, and for other purposes. Sponsor: Rep Brown-Waite, Ginny [FL-5] (introduced 1/4/07). Cosponsors (8). To

support this bill and/or contact your Representative refer to <http://capwiz.com/moaa/issues/bills/>

**H.R.0303:** Retired Pay Restoration Act. A bill to amend title 10, United States Code, to permit certain additional retired members of the Armed Forces who have a service-connected disability to receive both disability compensation from the Department of Veterans Affairs for their disability and either retired pay by reason of their years of military service or Combat-Related Special Compensation (CRSC) and to eliminate the phase-in period under current law with respect to such concurrent receipt. Sponsor: Rep Bilirakis, Gus M. [FL-9] (introduced 1/5/07). Cosponsors (102). To support this bill and/or contact your Representative refer to <http://capwiz.com/moaa/issues/bills/>

**H.R.0333:** Disabled Veterans Tax Termination Act. A bill to amend title 10, United States Code, to permit retired members of the Armed Forces who have a service-connected disability rated less than 50% to receive concurrent payment of both retired pay and veterans' disability compensation, to eliminate the phase-in

period for concurrent receipt, to extend eligibility for concurrent receipt and combat-related special compensation to chapter 61 disability retirees with less than 20 years of service, and for other purposes. Sponsor: Rep Marshall, Jim [GA-8] (introduced 1/9/07). Cosponsors (32). To support this bill and/or contact your Representative refer to <http://capwiz.com/usdr/issues/alert/>

**H.R.0343:** Military Retiree Health Care Relief Act of 2007. A bill to amend the Internal Revenue Code of 1986 to allow a refundable credit to military retirees for premiums paid for coverage under Medicare Part B. Sponsor: Rep Emerson, Jo Ann [MO-8] (introduced 1/9/07). Cosponsors (6). To support this bill and/or contact your Representative refer to <http://capwiz.com/usdr/issues/alert/>

Web Sites to watch  
U.S. Senate

[www.senate.gov](http://www.senate.gov)

U.S. House of Representatives

[www.house.gov](http://www.house.gov)

Thomas

[thomas.loc.gov](http://thomas.loc.gov) (no www)

## 2nd Louie

By Bob Rosenburgh





# Connecticut National Guard Fulltime Employment Opportunities

The following are Connecticut Army and Air National Guard Technician openings. For a copy of the full Technician vacancy announcements, go to [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil) and click on employment opportunities.

## Army National Guard Technician Vacancies

| Position Title                                | Unit     | Pay Grade | Closing Date |
|---|----------|-----------|--------------|
| Grants and Agreements Specialist (Indefinite) | USPFO-PC | GS-09     | 5/25/2007    |

## Air National Guard Technician Vacancies

| Position Title                                | Unit     | Pay Grade | Closing Date |
|---|----------|-----------|--------------|
| Logistics Management Specialist (Indefinite)  | 103rd FW | GS-09     | 5/10/2007    |
| Grants and Agreements Specialist (Indefinite) | USPFO-PC | GS-09     | 5/25/2007    |

Listed below are current openings in the Connecticut National Guard AGR program. For a copy of the Military Tour Vacancy Announcement, go the [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil) and click on employment opportunities.

## Army National Guard AGR Vacancies

| Position Title             | Unit                    | Rank         | Area of Consideration |
|----------------------------|-------------------------|--------------|-----------------------|
| Production Recruiter       | Rec and Ret Det         | SFC/E-7      | Open AGR (Nationwide) |
| Inventory Control NCO      | 1109th AVCRAD           | SSG/E-6      | Open AGR (Nationwide) |
| UH-60 REPAIRER/CREW CHIEF  | 1109th AVCRAD           | SSG/E6       | Open AGR (Nationwide) |
| Drug Demand Reduction Spec | JFHQ Counterdrug office | E-4 THRU E-6 | OPEN AGR (CT only)    |
| Readiness NCO              | 256th Engr Det          | E-6          | Open AGR (Nationwide) |
| Readiness NCO              | 246th Engr Det          | E-6          | Open AGR (Nationwide) |
| Supply Sergeant            | Co A, 1/102nd IN Bn     | E4           | Statewide             |
| Supply Sergeant            | Co B, 1/102nd IN Bn     | E4           | Statewide             |

## Air National Guard AGR Vacancies

| Position Title                  | Unit      | Rank    | Area of Consideration |
|---------------------------------|-----------|---------|-----------------------|
| Logistics Management Specialist | 103RD FW  | E-7     | On Board AGR          |
| Supply Management Officer       | 103RD FW  | O1 - O4 | On Board AGR          |
| Security Forces Craftsman       | 103rd MSG | E5      | Open AGR Nationwide   |

NOTE: Other positions with outdated closing dates are also listed on the website. Some of these positions are currently under consideration, and others may have their application dates extended. Keep checking the website and if you have any questions concerning outdated postings, call HRO at (860) 878-6739 or (860) 878-6729.

# Coming Events

## May May 9

NGACT Executive Board Meeting  
Hartford Armory - Open to all

## May 13 Mother's Day

Armed Forces Day Luncheon

## May 19 Armed Forces Day

## May 29 Memorial Day

## June June 9

CT Defenders Dodd Stadium  
Salute to the Armed Forces

NGACT Executive Board Meeting  
Hartford Armory - Open to All

## June 14 Flag Day

## June 17 Father's Day

## July July 4

Independence Day  
July 11 NGACT Executive Board Meeting  
Hartford Armory - Open to All

July 14  
Space & Aviation Day  
Bradley Air National Guard

# In future issues

Off Duty - A New Monthly Feature  
Fighter Wing Blows Competition Away  
Units Return Home  
News from Deployed Units

Deadline for submissions is the 15th of the month previous to publication.

Visit the  
**Connecticut  
Guardian**  
on-line at  
[www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)



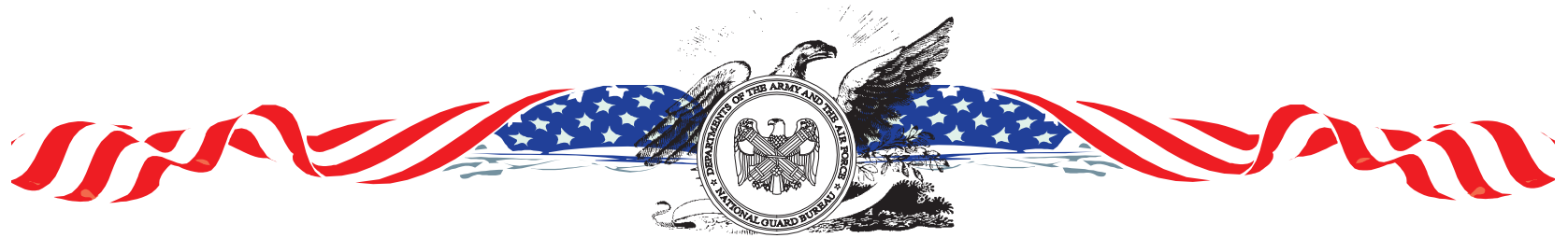


*A Soldier from the 102nd Infantry heads off arm-in-arm with a loved one after returning to Connecticut from Afghanistan. (Photo by Ms. Kiley Newton)*

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# Family Deployment Supplement to the Connecticut Guardian

VOL. 8 NO. 5

HARTFORD, CT

MAY 2007



## Running for eggs

*10th Annual Breakfast  
with the Easter Bunny*

*One of the children hoping to collect a large bounty of eggs runs ahead of her competition hoping to clear some real estate of her own. (Photo by Sgt. Jordan E. Werme, 130<sup>th</sup> PAD)*





CATHERINE GALASSO

## Mom teaches her daughter a valuable lesson

A young college student was complaining to her mother how trying her life had become. Difficulties seemed

to face her at every turn.

The wise mother took her daughter into the kitchen and placed three pans on the stove. She filled each pan with water and said nothing as the water in the pans began to boil. The mother placed an apple in the first pan of boiling water, then added an egg to the second and lastly, put tea into the third.

After all three ingredients had cooked; the mother put each one into separate bowls.

"Mom, what are you doing?" the daughter asked.

"These foods teach us something about facing challenging times," the mother said. "The apple, went into the hot water hard, but came out soft. The weak and fragile eggs came out firm. However, the tea transformed the water into something healing and good."

"My darling daughter," the mother comforted, "Which will you be as you face the trials of life? Will you give up, grow hard or turn adversity into triumph?"

We are the makers of our own lives, the molders of our destiny, and how we react to difficulty will determine our celestial future.

God will build within each one of us character to overcome through each and every trial. He sometimes puts obstacles in our way to help us make the right decisions. I cherish the verse in the Bible: "All things work together for good for them who love God and are called according to His purpose." We must trust that God is working something out. Do not lose hope. Wait and see what He has in store and keep on in faith.

When we are worrying about what 'might happen,' or 'what if this happens' or 'that' let's remember to cast down imagination. Instead, let us take a leap of faith and trust God to work out any dilemma.

We can recall the many amazing individuals who turned their challenges into triumphs. Look at the things Job in the Bible, endured. The enemy tested and

tried Job. Then one day, the enemy said to God, "Sure, Job serves you, you have hedged him in. Let me have him and he will curse you to your face."

However, God said, "Go ahead, you do not know what's in my people." Job was severely attacked by the enemy. He went through so many physical and mental battles and he could not understand why God allowed these things to happen.

The enemy will play mind games. He throws terrible thoughts our way. Job wished he had never been born, but whenever he turned his mind to God, his conversation became a prayer and his awe and love for God never failed for it was deep, deep within him. Deeper than the loss, deeper than the pain, deeper than the mind, it was that miniscule spec of God Himself, and it can never deny the grace and glory of God.

Finally, all of Job was humbled enough to receive the greatest of all revelations. And he cried out in the ecstasy of prophecy, "I know my redeemer lives, and after the skin worms destroy my body, yet in my flesh I shall see God...He knows the way that I take and when He has tried me, I shall come forth as gold."

If there are some things we cannot change, then we can alter the way we react to them. If a mistake happens, though we are a victim, we can choose to learn from it. If someone is complaining, we can point out the positive side to the situation. We can try to pull our mind away from the enemy's effect and on God. Jesus gave us an example of how to pray in John chapter 15. He slipped away and found a quiet place to talk to the Father. Through our own personal communication with God, panic will leave and calmness will take its place. Soon, a solution will become clear, because He gives us clarity to our thinking when our mind is focused on Him. "Those who know your name will trust in you, for you, Lord, have never forsaken those who seek you." Psalm 9:10.

I am determined to come forth as gold and a treasure for God. Trust Him, and become His treasure, too.

Write to Catherine Galasso-Vigorito, nationally syndicated columnist and author, in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06105-3795 or e-mail her at [cgv@anewyouworldwide.com](mailto:cgv@anewyouworldwide.com).

Visit her website to see her new inspirational product line at [www.anewyouworldwide.com](http://www.anewyouworldwide.com)

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## National Guard Association of Connecticut announces the 2007 Scholarship Program

The National Guard Association of Connecticut (NGACT) proudly announces the 2007 scholarship program. The following persons are eligible to apply for a scholarship:

- NGACT Members.
- Unmarried sons and daughters or grandchildren of NGACT members.
- Spouses of NGACT members.
- Unmarried spouses and unmarried dependent sons and daughters or grandchildren of deceased NGACT members who were members in good standing at the time of their death.

Honorary, Associate and Corporate membership alone does not qualify any of the persons listed above for eligibility to apply for a scholarship.

Scholarships will be awarded in an amount based on available funds for the upcoming school year. Applicants must be enrolled as a full-time or part-time student at an accredited college, university, trade school or business school. Graduate students are not eligible for scholarships.

Awards will be sent directly to the recipient with each check made payable to the recipient's choice of school. To receive the awards, verifications will be required to the effect that enrollment has commenced or will commence.

There shall be no consideration in selecting the awardees of a scholarship because of friendship, rank or grade of the applicant, applicant's parents/grandparents or applicant's spouse. Awards will be made on the basis of scholarship, character, leadership and need.

All applications will be accompanied by the following:

- A transcript of high school credits and a transcript of college credits for applicants already in institutions of higher learning.
- A letter from the applicant with personal, specific facts as to his/her desire to continue his/her education and why financial assistance is required.
- Two (2) letters of recommendation verifying the application and giving general information & personal traits that would make the applicant a desirable recipient. These letters should ideally be from a community leader, ministers, elected officials, etc.
- One (1) letter of academic reference (should be from a principle, counselor, dean or professor).

If the recipient does not complete the school term for which the scholarship is awarded, due to any cause other than sickness, physical injury or military deployment, the recipient will refund the award to the National Guard Association of Connecticut within sixty (60) days from the date enrollment was terminated.

All scholarship applications will be sent to the NGACT Scholarship Committee, NGACT, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795. Each application will be reviewed for completeness and forwarded to the scholarship committee. Applications must include all materials.

Deadline date for all applications for scholarships will be observed in all instances. The deadline for submitting applications is 30 June 2007. Applications must be postmarked NLT 30 June 2007.

Applications are available at [www.ngact.com](http://www.ngact.com) or by emailing [ngact2005@yahoo.com](mailto:ngact2005@yahoo.com)



Visit the  
**Connecticut Guardian**  
on-line at  
[www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)



# 10<sup>th</sup> Annual Breakfast with Easter Bunny: windy, cold, fun

SPC. REBECCA C. REYNOLDS  
130<sup>th</sup> PAD

Despite cold, windy weather more than 500 people showed up at Camp Rell on April 7, to have breakfast with the Easter Bunny. This year marked the 10<sup>th</sup> anniversary of Breakfast with the Easter Bunny, organized annually by the Connecticut National Guard Family Program.

"I think all the kids will have a good time. They might be cold, but they'll warm up" said Cpl. Cindy L. McGrath, a clarinet player with the Governor's Footguard who attended with her daughter, Heather, 6, and daughter's friend, Bailey Nickerson, 8.

The children got an opportunity to meet the Easter Bunny and get their picture taken with him. Although many of the children were delighted to see him, some found him more frightening than exciting. Still others didn't know what to make of the giant rabbit and looked on in bewilderment.

The mixed reactions did not dampen the Easter Bunny's spirits though.

"It was a great chance to spend time with the kids," said the 6-foot white rabbit. "Some of them gave me little presents. It was a good time."

Col. Jerry Lukowski, Joint Force Headquarters, and his family are not newcomers to the event.

"We've been here several years, since the children were babies," said Betty Lukowski, Col. Lukowski's mother. "The children really enjoy it."

"The best part is the kids," said Col. Lukowski, "They get faster (at the egg hunt) every year."

A new addition to the breakfast was "Mr. Magic," Rich Rothstein. The magician performed illusions and entertained for almost an hour. He made an impression on Juan Nival, 5, Ben Blanco, 3, and Nina Starkey, 15 months. "They didn't want to leave," said father Andrew Starkey with a smile.

The highlight for most children was the egg hunt. 250 children ranging from infants to ten year olds hunted for about 7,000 eggs. It took two weeks for volunteers to fill the eggs with candy, but the kids gathered them all in a matter of minutes.

Although her mother, Jennifer Killian, had predicted her daughter would find and play with just one egg, 1-year-old Madison Fitzmorris ended up with six. "After the first few she lost interest," laughed Killian, "she was overwhelmed."

The best part was "bringing all the families together, both deployed and not deployed," said Melissa Tetro, lead family assistant control coordinator of the Connecticut National Guard Family Program. "It's good to get everyone together to have a good time between sendoffs and reunions." Tetro expects to see the event continue to grow in the future.

"I think it's an event that's been building," said Kim Hoffman, director of family services. "I hope it will be even bigger next year. It's one of the few things we can offer to everybody." Hoffman does not believe the cold had a significant affect on the turnout, although she did notice there were more children bundled up and fewer girls in Easter dresses.

"Our goal every year is to try to make it a little bit bigger and a little bit better," said Hoffman. "I like that every year we have the chance to involve more people and help the guard family to grow."



Triplets, Sarah, Emily, and John, 6, and their sister Megan, 3, children of Col. Jerry Lukowski, gathered to take a picture with the Easter Bunny prior to the Easter Egg Hunt at Camp Rell, Niantic. The hunt, which consisted of over 500 children, took place April 7. (Photo By: Pfc. Kristin A. Aldo)



Kyleigh, 2, daughter of WO1 Frank Voity, poses for a picture with the Easter Bunny at Camp Rell, Niantic. Kyleigh was one of many children who gathered at Rell for the Annual Easter Egg hunt held by the Family Program, April 7. (Photo By: Pfc. Kristin A. Aldo)



Mr. Magic, Rich Rothstein, Norwich, performed a magic show for the children at Camp Rell, Niantic during the Annual Easter Egg Hunt, April 7. The hunt is help by the Family Program for children and family members of Soldiers. (Photo By: Pfc. Kristin A. Aldo)



Emma Zito, 4, daughter of Staff Sgt. Raymond Zito rushes to collect as many eggs as she can before there aren't any left during the Annual Easter Egg Hunt, April 7. The hunt took place at Camp Rell, Niantic. (Photo By: Pfc. Kristin A. Aldo)



Shalie Robles, 18 mos., niece of Spc. Jon Rodriguez, 102nd Infantry, collects easter eggs during the Annual Easter Egg hunt held by the Family Program. The hunt was held at Camp Rell, Niantic, April 7. (Photo By: Pfc. Kristin A. Aldo)



Melissa Tetro paints the face of Emily Christensen, 4 1/2, during the 10<sup>th</sup> Annual Breakfast with the Easter Bunny held at Camp Rell, April 7. Face-painting was one of many activities available to the hundreds of children who attended the event. Other activities included arts and crafts, a magic show and Easter egg hunt. Tetro is a member of the CTNG Family Program, which organizes the annual event with the help of volunteers. (Photo by Sgt. Jordan E. Werme, 130<sup>th</sup> PAD)



(Left) A field of colored Easter eggs awaits harvesting as dozens of children line up in anticipation of collecting baskets-full of the treat-filled orbs. The Easter egg hunt was the final event of the 10<sup>th</sup> Annual Breakfast with the Easter Bunny, April 7. Hundreds of the eggs were laid out in the grass, but the throng of eager children had picked the area clean in a matter of moments. (Photo by Sgt. Jordan E. Werme, 130<sup>th</sup> PAD)



# Family Assistance Center locations

Family Assistance Centers are set-up in the following armories around the state:

**Waterbury Armory**  
64 Field Street, Waterbury, CT 06702  
(203) 574-2406 Toll Free 866-347-2291  
Mrs. Jessica W. Koehler

**Manchester Armory**  
330 Main Street, Manchester, CT 06040  
(860) 646-0780 Toll Free 866-347-2286  
Mr. Bert Saur & Mrs. Andrea Lathrop

**103rd FW, Bradley ANG Base**  
Bldg 8, East Granby, CT 06026  
(860) 292-2730  
Mrs. Donna Rivera

**Norwich Armory**  
38 Stott Avenue, Norwich, CT 06360  
(860) 883-6934  
Mrs. Andrea Lathrop

**103rd Air Control Squadron**  
206 Boston Post Road, Orange, CT 06477  
(203) 795-2983  
Mr. Charlie and Mrs. Jane Solomon

**New London Armory**  
249 Bayonet Street, New London, CT 06320  
(860) 441-2976 Ext. 25  
Ms. Elizabeth Rivera

**Hartford Armory**  
360 Broad Street, Hartford, CT 06105-3795  
1-800-858-2677  
Mrs. Kim Hoffman, Mrs. Michelle McCarty,  
Mrs. Melissa Tetro, Mrs. Tamara (Jex) Killian, Staff Sgt. Jessica  
McKenna-Boski, Mrs. Trudy Kaufman, Mrs. Rita O'Donnell  
and Mrs. Karen Somes

Volunteers are needed in each facility.  
Those wishing to help out can contact Mrs. Tamara Killian, State Family Readiness Advisor at 1-800-858-2677. Any family member or loved one of a deployed soldier who has questions about benefits or deployment issues may also get answers to their question at the following email address:  
kim.hoffman@us.army.mil  
Please visit our Website at [www.ct.ngb.army.mil/family](http://www.ct.ngb.army.mil/family)

## WRITE A POEM

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## KID'S CREATIVE CORNER

A monthly feature of fun and educational activities for the children of the Connecticut National Guard

Use the letters in the two words as the first letter in of each of your lines as you write a poem about America and Freedom.